

A. T. Hovannessian

Raw Eating

Finally, the cure of all diseases is discovered
Raw Veganism is the only treatment

There is no disease for Humans

The reasons of illnesses are: animal products consumption,
eating cooked stuffs, taking medicines and chemicals

By "Raw-Eating", all simple or heavy sicknesses will be cured

There is no food shortage, even there is a groceration,
Raw vegetables & fruits are the only real foods

Carnage and animal eating
turns people into senseless brutal beasts

Tehran



‘O Arshavir Ter Hovannessian, ka mea kākau o kēia puke, e make ana ma lalo o ke kaomi o
‘O nā ma‘i like ‘ole he 19 makahiki i hala, ua ho‘opakele ‘ia ‘o ia mai kāna mau pilikia āpau e
ka raw-veganism, a i ka makahiki 75, ua ola maika‘i ‘o ia me ka ikaika o kahi kanaka ‘ōpio. ‘O kāna
‘O ka hana i kēlā me kēia lā e hō‘ike i nā kānaka i nā ma‘i a me nā pō‘ino ‘ē a‘e o kēia ao ke kumu o ka
‘ai ‘ana i nā mea‘ai i kuke ‘ia (pepehi ‘ia) a me nā lā‘au kemika a me nā mea make ‘ē a‘e.

ARSHAVIR TER-HOVANNESSIAN (ATERHOV)

'A'I MAKUA

He Ao Hou i kaawale i na mai, ino a me na mea make

Kauoha a hoolaha RAW-AI

O KA HOOLAHA ANA I KA MAKEMAKE OI A
KA HANA LOA O KE KANAKA MA KEIA AO

Mana'o: English 3rd edition revised + Persian ⁴th edition (1976) &
'O ka puke Persian i kapa 'ia 'o "Cooked eating, a deadly addiction" (1980)
unuhi 'ia i ka 'ōlelo Pelekania.

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OLELO mua i ka 2nd EDITION

Ua pa'i 'ia ka hapa mua o kēia puke i ka makahiki 1963 ma lalo o ke po'o inoa 'o RAW-EATING. I loko o kēlā puke li'i li'i, aia kahi hō'ulu'ulu pōkole o ko'u mau mana'o e pili ana i ka mea'ai, ua ho'opā wau i nā mea nui a pau o ka 'ai maka. 'O ka mea ma'amau, 'a'ole pono e komo i nā kiko'i lō'ihi i mea e ha'i aku ai i ka honua i ka 'oia'i'o ma'alaha 'o nā hana o ka kuke 'ana a me ka ho'oma'ema'e 'ana, ma o ke 'ano o nā mea'ai kūlohelohe e ho'oha'aha'a 'ia i nā mea kūlohelohe, 'a'ole wale nā hana 'ino. uhai i na kanawai o ke ano, aka, oia ke kumu nui o na mai a pau. 'O ka mea na'aupō loa ke 'ike maopopo, ma kahi o ka ho'oku'u 'ana i ka po'e mai nā ma'i, 'o ka 'epekema lapa'au i ho'okumu 'ia i nā mea'ai mo'a a me nā lā'au 'awa'awa e alaka'i i ke kanaka i loko o nā ma'i ko'iko'i he nui, kahi e pale ai nā mea ola 'ē a'e.

Ma hope o ka heluhelu 'ana i nā laina li'i li'i wale nō e pili ana i ke kumuhana, ala ke kanaka 'ike maka'ala mai kona lethargic indifferent a 'ike i ka gravity piha o ke kūlana. 'O ka hapa nui o ka po'e, ke makapō 'ia nei e nā mana'o kuhihewa o kēia manawa o ka 'epekema lapa'au a me ka mana'o 'ole e ka lehulehu o nā mana'o preconceived, makemake lākou e loa'a hou ka 'ike e pili ana i ke kumuhana. 'O ia ke kumu, ma ka 'āpana 'elua o kēia puke, ua hele mai au i mua me nā wehewehe kiko'i hou a'e o nā nīnau ko'iko'i. Ma ka manawa like ua lawe 'ia ka manawa kūpono e hana i kekahi mau ho'oponopono li'i li'i a me nā ho'oponopono i ka hapa mua. I ka pa'i mua 'ana o ka puke, aia mau ka mana'o o ka 'ai maka; Ua ho'ohana 'ia kēia lā ma nā 'āina he nui. Ma ka ha'alele 'ana i nā mea'ai i kuke 'ia a me nā lā'au 'awa'awa, ua ho'ōla nā tausani o ka po'e no'ono'o a puni ka honua iā lākou iho i ko lākou mau ma'i lō'ihi a hiki iā lākou ke hau'oli i ke ola olakino a hau'oli. Ma ka hope o ka puke ua hā'awi au i kahi koho li'i li'i o nā leka lehulehu i loa'a mai ia po'e.

Ke hana 'ia kahi mīkini hou a i 'ole mea hana, mana'o 'ia ua lawa kekahi mau ho'okolohua kūle'a e hō'ōia a hō'ōia paha i kēlā mea. I kēia lā, he mau kaukani kānaka olakino ma ka honua holo'oko'a nā hō'ike ola

‘O ka ‘ai maka ke ho‘opakele i nā kānaka mai nā ‘ōpu‘u ‘ino o kēlā me kēia ma‘i ma ka honua. Ua mana‘o paha kekahi ua lawa kēia i mea e ho‘āla ai i ka honua ‘epekema mai ka palaualelo a me ka ho‘omaopopo ‘ana i nā po‘e a pau i nā pōmaika‘i nui a ka ‘ai maka e lawe mai ai no mākou āpau.

I kēia mau lā, ho‘onohono ka po‘e i makapō i nā mea ho‘ohui i nā ‘aha kūkā no ka hakakā ‘ana i ka hemahema o ka honua i nā mea‘ai a hā‘awi i nā ha‘i‘ōlelo pau ‘ole i nā kumuhana ho‘ohenehene, ‘oiai ‘o 80 ka nui o nā mea‘ai maoli i hā‘awi ‘ia mai iā mākou e ho‘opau ‘ia me ko lākou mau lima pono‘ī e ka kuke ‘ana a me ka ho‘oma‘ema‘e.

Ke noi aku nei au i nā mea kōkua kanaka maoli a pau e ho‘oki‘eki‘e i ko lākou leo a ma kā lākou koi mau e kono aku i nā mana e hana koke i nā loina o ka ‘ai maka. Ua mākaukau ka manawa no ka hana.

Mahele Ekahi

Pehea wau i no‘ono‘o ai i ka mana‘o o ka ‘ai maka

‘O ka mea‘ai vegan maka wale nō ka mea‘ai i lawe ‘ia e ke kanaka. E ha‘alele ‘ia ka ‘ai ‘ana i ka mea‘ai mo‘a ma kēia ao. ‘O kēia ke koi hemahema o ke ‘ano. ‘O ka ‘ai ‘ana i ka mea‘ai i kuke ‘ia ‘o ia ka barbarism weliweli loa i ka mō‘aukala o ke kanaka, kahi barbarism i ‘ike ‘ole ‘ia e kekahi a i hā‘ule ai nā kānaka a pau i ka ‘ike ‘ole. ‘A‘ohe mea ‘ē ke ‘ano o ka mana‘o i kekahi, ‘o ia ka ‘oia‘i‘o ‘a‘ole hiki iā mākou ke ‘ae.

Ua ‘ike ‘ia kēia ‘oia‘i‘o ia‘u, ma hope o 18 mau makahiki o ka ho‘opa‘a ‘ana a me ka ho‘okolokolo ‘ana, ua maopopo ia‘u ‘o ka make ‘ana o ko‘u mau makahiki he 10. ‘O ke keiki kāne makahiki a me ke kaikamahine he 14 makahiki ma muli o ka ‘ai ‘ole kūlohelohe. ‘O ka heluna nui o nā ho‘okolohua lapa‘au i hana ‘ia ma Peresia, Farani, Kelemānia a me Switzerland ma nā ho‘ā‘o like ‘ole e ‘ike i kekahi ma‘i kiko‘ī i loko o ko lākou mau kino a me ka lawelawe ‘ana i nā lā‘au lapa‘au he nui loa i ka lawe ‘ana i ka pō‘ino i ke po‘o. Ua make ka‘u mau keiki i ka ‘ele‘ele a me ka nalo ‘ana o ko lākou mau kino a pau ma muli o ka hānai ‘ana i nā lā‘au ‘awa‘awa.

Ua hiki ia'u ke komo i loko o nā mea huna o ka 'epekema lapa'au a me ka nānā pono 'ana i kona mau 'ano maika'i a me nā 'ano maika'i 'ole, no ka mea, 'a'ole wau i ho'oikaika 'ia e ka mana'o e lilo i kauka a i 'ole e loa'a kālā. 'O ka'u mea i ho'oikaika mua ai 'o ka makemake e hana i ka'u mea maika'i loa no ka ho'iho'i 'ana i ke olakino o ka'u mau keiki aloha, a ma hope aku ka makemake nui e ho'omau i ko lākou ho'omana'o 'ana ma ka pono o ke kanaka.

'O kekahi kumu i kōkua i ko'u 'ike maika'i 'ana 'O nā hemahema o ka 'epekema lapa'au ka 'ōnaehana hou loa a'u i ho'okō ai i ka'u mau ha'awina ma o ka ho'ona'auao 'ana iā 'oe iho, me ka 'ole o ka pa'a 'ana o kahi papahana ho'ona'auao. 'A'ole loa au i 'ona i nā 'ōlelo ho'onui o ka holomua i hana 'ia ma ka 'ao'ao o ka 'epekema lapa'au a i 'ole nā mo'olelo ho'opunipuni a pau o nā pōmaika'i kupanaha e loa'a mai nā lā'au lapa'au. Ua ho'okokoke au i kēia mau nīnau me ka no'ono'o ko'iko'i a ua ho'okau mau wau i ke ko'iko'i nui i ko lākou mau hemahema. Eia kekahi, ua mālama mau au i ka 'oia'i'o, 'oiai ke ola 'ana o nā miliona o nā kauka kūpono a me ka nui o nā makana Nobel, ua hā'ule ke kanaka civili i nā ma'i like 'ole ma mua o nā holoholona 'ē a'e, a me nā ma'i e like me sclerosis. , ka ma'i ma'i ma'i, ka ma'i pu'uawai a me ka ma'i 'a'ai e pi'i a'e me ka weliweli, e ho'oweliweli ana e holoi i ke kanaka mai ka honua aku. 'A'ole au i ho'opau i ko'u manawa i ka ho'opa'ana'au 'ana i nā hō'ailona o nā ma'i, nā inoa a me nā 'ano o nā lā'au lapa'au a me kēlā mau 'ano hana pa'akikī e pono 'ole 'ia, no ka mea, 'a'ohe o'u mana'o e noho i nā ho'okolohua a loa'a nā degere. Akā, i ka mea hiki, ua hā'awi wau i ko'u manawa i ke a'o 'ana i nā lālā he nui o ka 'epekema a me ka nānā 'ana i nā kumu 'ike like 'ole, mai nā kumu kumu a me nā kumu nui a'u i hiki ai ke huki i kekahi mau mea nui. nā hopena ko'iko'i.

'O nā hopena o nā makahiki he 18 o ka ho'opa'a 'ana a me ka hana i loko o kahi hana o 'elua mau puke nui, 'o ka mea mua, he puke o 568 'ao'ao, i pa'i 'ia ma ka 'ōlelo Armenian i ka makahiki 1960.

‘O ka hana maika’i o kēlā me kēia hale hana e pili ana i ka lako like o nā lako maka a pau i kuhikuhi ‘ia e ka ‘enekinia.

A hiki i ka ‘ike ‘ia ‘ana o ke ahi, a me ke koena o ke aupuni holoholona, ua ho‘omohala a ho‘okō ke kanaka i kāna ho‘ololi ‘ana ma o ka ‘ai ‘ana i ka mea‘ai maoli. Akā, mai ka loa‘a ‘ana o ke ahi, me ka no‘ono‘o nui ‘ole, ua kau nā kāne i nā mea‘ai kūlohelohe i ke ahi, ua luku i ko lākou mau mea pono, ho‘oha‘aha‘a iā lākou a laila hānai i ko lākou kino me lākou. ‘O ka hopena pololei, ua loa‘a nā ma‘i āpau i loa‘a i nā kānaka a pau i kēia lā.

‘O ke kino kanaka he hale hana ola i kūkulu ‘ia e ka ho‘oikaika mau ‘ana o ke ‘ano. I ka manawa like, me ke kūkulu ‘ana i kēia hale hana, ua ho‘ohana ko mākou ‘ano kupaianaha i nā kukuna o ka lā e ho‘omohala i nā mea maka a pau e pono ai e ho‘onohonoho i nā kaukani o nā hana pa‘akikī o kā mākou kino a e hō‘oia i ka hana like. Eia kekahi, ua ho‘okomo ke ‘ano i kēlā mau mea maka i ko lākou kūlana a pau a me ka hui like ‘ole o kā lākou mau mea like ‘ole i loko o kahi hua li‘ili‘i o ka kulina, i loko o kahi hua pulpy o ka pomeraite, i loko o kahi hua waina a i kahi lau o kahi mea kanu. . ‘O kēlā me kēia mea‘ai "paltry" i lawe ‘oko‘a ‘ia nā mea āpau e pono ai ke ola ‘ana o ke kino ola o kahi mea like me ke kanu.

I loko o ke ao honua ka li‘ili‘i li‘ili‘i loa mai nā kiko‘i i ho‘omohala ‘ia e ka ‘enekinia no ka hana ma‘alahi o ka mīkini o kahi hale hana, a i ‘ole ka hewa o nā mea maka i kuhikuhi ‘ia e hō‘oia i kāna huahana ma‘amaui, e hopena i ka haki ‘ana i ka hana o ka mea kanu. Ma ke ala like, ‘o ka li‘ili‘i li‘ili‘i a i ‘ole ka ho‘ololi ‘ana i nā mea maka i kuhikuhi ‘ia e ke ‘ano e hō‘oia i ka hana ma‘alahi o nā ka‘ina hana pa‘akikī o ke kino kanaka e ho‘opilikia ai i nā hana biological ma‘amaui o kā mākou mau kino a ‘ike ‘ia kēia mau ma‘i ma ke ‘ano o nā ma‘i.

‘O nā ‘ano hana like ‘ole i ho’ohana ‘ia e ke kanaka i ka luku
‘ana a i ‘ole ka ho’oha’aha’a ‘ana i nā mea waiwai i kau ‘ia e ke ‘ano no ka
hana ma’amau o kona kino, ‘a’ole ia e no’ono’o. No kēlā kumu, ua hana
ke kanaka civili i nā hale hana daimonio, nā umu, nā kapuahi a me nā
lumi kuke. ‘O kēlā me kēia degeneration i ka maika’i o nā mea’ai
kūlohelohe e ukali ‘ia e kahi degeneration like i loko o ke kino kanaka. ‘O
ka mea’ai kūlohelohe e hō’oia i ka hana ma’amau, o ko mākou kino,
a’o ka mea’ai kūlohelohe e ukali ‘ia e ka ho’oku’u ‘ana i kāna mau
hana. ‘O ka nui o nā ma’i ka hopena o ka nui o ka degeneration i loko o nā
mea ‘ai maoli.

Ke ho’okō ‘ia kona mau pono a pau e nā kānāwai o ke ‘ano, ka
‘O ke kino kanaka, ‘o ia ka mea ola maika’i loa i ke aupuni holoholona,
hiki ke ola i ke olakino maika’i loa mai ka li’ili’i o 150 mau makahiki a hiki i kahi
ki’eki’e o 200-250 mau makahiki. ‘O nā mea’ai i ho’omo’a ‘ia e ho’oikaika i nā
kino kanaka e hana i nā manawa he nui i ko lākou mana ma’amau, ho’oluhi
iā lākou i ka wā mua, ho’oulu i nā ma’i like ‘ole a ho’opōkole i ke ola o ke
kanaka i kahi hapa o kona manawa ma’amau. I kēia au o ka holomua
‘epekema, hiki i ke kanaka ke ho’opau i nā ma’i āpau me ka ‘ole loa i ka
mea’ai mo’a a laila hiki iā ia ke hā’awi i kona ikaika i ke a’o ‘ana i nā pilikia o ke ola lō’ihi
I ka manawa like, me ka mea’ai kūlohelohe, pono ke kanaka e hō’oia i ke
koena o kāna mau koi kūlohelohe. ‘O kēia ka ea ma’ema’e, ka hiamoe
mua, ka ala ala, ka hana kino, ka pale ‘ana i ka ho’omehana ‘ana, ka
ma’ema’e, a pēlā aku.

Nā ma’i ‘ai pololei a me ka ‘ole

Ho’oka’awale ‘ia nā ma’i ‘ai i ‘elua mau ‘āpana: pololei
a me nā ma’i ‘ole. ‘O nā ma’i ‘ai kūpono ‘ia nā ma’i ma muli o ka nui o
kekahi mau mea’ai mea’ai a i ‘ole ka hemahema o nā mea ‘ē a’e. ‘O nā
mea’ai ahi a me nā holoholona ka hopena o ka no’ono’o ‘ana a me ka
ho’onui ‘ana i nā protein a me nā momona i ka mea’ai, ‘oia i ka manawa like
e ho’opau i nā mea waiwai nui. Ua hiki i ka ‘epekema ke ‘ike i kahi helu li’ili’i
wale nō o kēia mau mea, i kapa ‘ia he mau huaora a me ke ola ‘ole.

hiki ole ke noho. Ma waena o nā ma'i kūpono kūpono e kau 'ia nā ma'i ma'i āpau a me nā ma'i hemahema. Ke ulu nei nā ma'i me ka lohi loa a me ka hūnā. 'Oiai 'a'ole i komo ka ma'i i nā pae hope loa a 'a'ole i pau ka hana 'ana o nā kino, mana'o ke kanaka iā ia iho he olakino. Inā loa'a ka hapa 'āpana a me ka hui pū 'ana o ka vitamina, 'a'ole 'ike 'ia ka ma'i e nā hō'ailona e pili ana i ka avitaminosis, i wehewehe 'ia ma nā puke; akā, ke 'ike 'ia nei e nā ho'opī'i ma'alahi 'ole e wehewehe.

'O nā ma'i ho'ohehe'e 'ole 'ia nā ma'i lele. I loko o ke kino o ke kanaka ke ola mau nei nā 'ano microbes he nui nā mea ma'amaui e lawelawe pono ai i ke kino a i ho'opa'a 'ia i ka mana o nā pūnaewele kanaka kūikawā ('oko'a), nona nā kauoha a lākou e ho'okō pono ai. Akā, ma muli o ka 'ai kūpono 'ole, ua nāwaliwali loa nā cell degenerated a me emaciated a ma ke kāmāwai o ke ola 'ana e loa'a i kēlā mau microbes ka lima ki'eki'e, ho'oku'u iā lākou iho mai ka mana o ia mau cell, kipi i ko lākou mau haku, lilo i pathogenic a ho'oulu i nā ma'i lele maika'i loa-i ike ia kakou.

I kekahi manawa, 'o ka pū'ali ho'ouka kaua o nā microbes, ka mea i hālāwai me ke kū'ē kū'ē 'ole i loko o kahi kino olakino a luku 'ia i ka manawa ho'okahi, 'a'ole e hālāwai me kēlā kū'ē i loko o kahi kino 'ele'ele a kumu i kona ma'i kiko'i.

Ma ka lua o ka puke o ka'u puke Armenia, ua ho'ola'a au i ka nui o ka manawa no ka pilikia o nā ma'i ma'i, no ka nānā 'ana a'u i nānā ai i kekahi mau 'āpana o ka puke mua o ka puke ma "Pathological Anatomy and the Pathogenesis of Human Diseases" na. ka mea 'epekema Soviet kaulana IV Davydovsky, i pa'i 'ia i ka makahiki 1956. Ma muli o nā 'ike he nui e hō'oi'a'i'o ai, ua hō'ike ka mea kākau 'a'ole 'o nā microbes pono'i ka hewa o ka ho'oulu 'ana i nā ma'i infectious, akā 'o ke kūlana maika'i 'ole o ke kino, ka emi 'ana o kona mana. ka palekana. Akā 'o ka mea pō'ino, e like me nā mea 'ai mea'ai i kuke 'ia, 'a'ole hiki iā Davydovsky ke wehewehe pehea e hiki ai iā mākou ke ho'iho'i i kēlā palekana a i 'ole, 'oi aku ka maika'i, e pale i kona emi 'ana.

‘O ka maka‘u i nā microbes ka mea i maka‘u nui i nā kāne a no ka pakele
‘ana iā lākou ua hele lākou i nā hana ‘ino loa a loa‘a iā lākou nā hopena kū‘ē loa. ‘O
ka kuke ‘ana i nā mea‘ai maka i mea e pale aku ai i nā microbes kekahi o nā
kuhi hewa loa i ka ‘epekema lapa‘au.

‘A‘ole hiki iā mākou ke ho‘opau i nā microbes mai ka ili o ka honua. Loa‘a lākou
ma nā wahi a pau, e noho mau lākou a hiki ke komo i ko mākou mau kino ma o
nā ala like ‘ole. ‘O ka mea nui, ma ka kuke ‘ana i kā mākou mea‘ai, ho‘onāwaliwali
mākou i ke kū‘ē ‘ana o kā mākou mau sela a laila luku mākou i loko o kā mākou
mea‘ai i nā lā‘au antibiotic maoli i ho‘oholo ‘ia e ke ‘ano e hakakā me nā microbes.
‘O kēlā mau kauka i ho‘ohui i ka mea‘ai kuke e hō‘oia i ka nui o nā huaora, i luku ‘ia
i ke ahi, loa‘a nā waiwai bacteria. ‘O ia ke kumu i pili ‘ole ai nā holoholona e ‘ai
ana i ka ‘ōpala i nā ma‘i lele e like me ke kanaka.

‘O ka ma‘i ma‘i ma‘i ‘o ia ka hua pololei o ka degenerated Mea‘ai

Mana‘o ka nui o ka po‘e ‘ai mo‘a no ka ‘ai ‘ana o ke kanaka i ka mea‘ai mo‘a
no nā keneturi ma hope, pono ‘o ia e ma‘a a hiki i kēia manawa ke pilikia inā
ho‘omaka ‘o ia e ‘ai i ka mea‘ai maka i ka manawa ho‘okahi. ‘O ia ho‘i, inā ua
ho‘opiha mākou i ke ka‘a ka‘a me ka petrol lepo a ha‘aha‘a no kekahi manawa, ua
ma‘a paha ka ‘enekini a hiki ke pohō ke pani ‘ia ka petrol lepo i ka wahie
ma‘ema‘e.

‘O ka mea mua, ‘a‘ole i ho‘ohālikelike ‘ia ka manawa o kekahi mau kaukani
makahiki me nā piliona o nā makahiki i ola ai ke kanaka me kona mau kūpuna, a
ho‘omohala wale i ka mea‘ai maka. Eia kekahi, ‘a‘ole i ma‘a ke kanaka i ka mea‘ai
mo‘a, ua hō‘oia ‘ia ma muli o ke ola ‘ana o nā ma‘i, e nalowale ana a laila ho‘i ke
kino i kāna mau hana ma‘amau ke hele ke kanaka i ka mea‘ai maka.

He ‘oia‘i‘o ma nā kāmāwai o ka evolution e ho‘ā‘o nei ko mākou kino e ho‘ololi
ia ia iho i ka ai i loa mai, aole nae ma ke ano a kekahi poe i manao ai. ‘O
kēlā mau mea‘ai mea‘ai e pono ai no nā ka‘ina hana pa‘ālikī a me nā hana ko‘iko‘i
o nā cell e ho‘opau ma‘alahi ma lalo o ka mana o ke ahi. No laila, ‘o ka

‘O nā mea‘ai i mana‘o ‘ia he mea‘ai e ka po‘e ‘ai kuke ‘a‘ole i loa‘a i kēlā mau mea pono, akā he nui ka lako o nā proteins, nā momona a me nā ha‘aha‘a, ‘oi aku ka nui o nā manawa ma mua o nā koi o nā cell.

Ke ho‘onele mau nei i kēlā mau mea‘ai mea‘ai e pono ai no ka ho‘okō ‘ana i kā lākou mau hana kī‘eki‘e, ‘a‘ole i loa‘a i nā cell ko lākou ho‘omohala piha a me kā lākou hana kūikawā a i ‘ole, i ka wā i loa‘a ai iā lākou, ua nalowale lākou i ko lākou kumu no ka hana ‘ana i kēlā mau hana. Ma hope o kekahi mau makahiki o ka nele a me ka ho‘omanawanui, hiki mai kahi lā e ho‘oku‘u ‘ia ai kekahi o nā miliona miliona, i ho‘onele ‘ia i ko lākou koena hiki, mai nā hana e kaupalena ‘ia ai ka ulu ‘ana o nā cell. A laila ho‘oka‘awale lākou iā lākou iho mai ke ola kaiaulu, lilo i mea kū‘oko‘a a ‘ai nui i kēlā mau mea kūkulu hale e ‘au‘au ai i loko o ka wai inter-cellular i ka nui, ua hō‘ole ‘ia e nā cell ma‘amaui i ‘oi aku ka nui o ko lākou pono, a me ka ha‘aheo. mahalo ‘ia e ka gastrolatrous biologists - nā protein (‘oi aku ka nui o nā protein holoholona), nā momona a me nā mea nitrogenous āpau. Ma hope o kēlā, ulu lākou me ka wikiwiki weliweli, ho‘olohe ‘ole a ho‘opa‘apa‘a, a ho‘omāhuahua ma ke ‘ano haunaele e ho‘okumu i kahi pu‘upu‘u weliweli, he mea ola hou, ka mea i ka wā o kona ulu ‘ana, e luku ana i nā mea āpau a puni a i ka lā maika‘i loa. iho i kela hale kupanaha, ke kino kanaka. ‘O ka inoa o ia mea hou he ma‘i kanesa. ‘O ia ka hua maoli o ka mea‘ai i kuke ‘ia, ka hō‘ike ola o ke ‘ano o ka ho‘opili ‘ana o nā cell i ke ‘ano o nā mea‘ai kāne.

e hoopau.

I ka wā i ‘ike mua ‘ia ai ke ola ma ko kākou honua, ua loa‘a i ke ‘ano ‘O nā mea hana hale ha‘aha‘a wale nō (nā protein, nā momona a me nā ka‘apona), kahi i kūle‘a ai i ka hana ‘ana i nā mea ola ho‘okahi. E like me ka ho‘ohui ‘ana o ka cylinder, kahi mea hana a i ‘ole kahi kiko‘ī li‘ili‘i e ho‘ohui ai ka ‘enekinia i kahi hana hou i kāna hale hana, pēlā ho‘i ma ka ho‘ohui ‘ana i kahi mea hou i kāna mau mea kūkulu hale (kino mea kanu), ho‘ohui ke ‘ano i kahi hana hou i nā kino holoholona. ‘O kēia hana ko‘iko‘i ua ho‘omau i ka hana kūlohelohe no nā piliona mau makahiki, i loko o ia manawa ua ho‘omohala ‘o ia i kāna mau mea maka mai kahi huakini ma‘ama

‘O nā hua‘ai a mākou i ‘ike ai i kēia lā, a ma o ke ke‘ena o kēlā mau mea kanu mea kanu, akā i ka manawa like me kā lākou ho‘omohala ‘ana, ua ho‘omohala ‘ia ka ‘ano holoholona holoholona pū ho‘okahi āna i hana ai i holoholona kupanaha.

‘O ka mea pō‘ino, ma hope o ka ‘ike ‘ia ‘ana o ke ahi, ua pau ke ‘ano kūlohelohe o ke kanaka, a ‘o ka mea ‘oi aku ka maika‘i, ke ho‘i hou nei i ka wikiwiki o ka pilikua. ‘O ke ahi a me nā ‘ano hana ‘ino ‘ē a‘e o ka degeneration i hana ‘ia e ke kanaka civili e ho‘opau i kēlā mau waiwai mea‘ai maika‘i loa i mālama ‘ia i loko o nā piliona makahiki i loko o nā mea‘ai kūlohelohe a no laila i loko o nā pūnae holoholona, a ho‘iho‘i iā lākou i ko lākou ‘ano mua, akā me ka ikaika nui a lākou e ho‘olako ai. ‘o nā mea hale ma‘amau e mālama i ka ulu ‘ole o kēlā mau cell. ‘O nā pūnana ma‘i ma‘i he mau hi‘ohi‘ona maoli o kēlā mau cell primitive. No ka po‘e ‘epekema ‘ike pōkole, ‘o nā mea kūkulu hale o ke kino, ‘o ia nā protein, ‘o ia ho‘i nā pōhaku a me nā pōhaku lepo o kahi hale ma‘amau. ‘A‘ole lākou hoihoi i nā ‘ano morta like ‘ole a me nā kiko‘i he nui e pono ai no ke kūkulu ‘ana i kahi hale hana pa‘akikī, a ‘a‘ole i loa‘a i loko o ka beefsteak a i ‘ole ka barbecue.

Ma ka puke ‘elua o ka‘u puke ‘Amenia, ua ho‘ola‘a wau kokoke 300 ‘ao‘ao i ka nānā ‘ana i ka pilikia o ke kumu o ka ma‘i kanesa. No kēia kumu, ua nānā au i kahi ku‘ikahi ko‘iko‘i e ka cytologist ‘Amelika kaulana ‘o EV Cowdry i kapa ‘ia ‘o "Cancer Cells" (1955), ‘o ia ka ‘oi loa o nā ha‘awina like ‘ole e pili ana i ke kumuhana a i ‘ohi ‘ia ai nā ha‘awina ko‘iko‘i, ‘ikepili, nā mana‘o a me nā hopena i pa‘i ‘ia e nā ‘epekema kaulana he nui. Ma ke kumu o ka ‘ikepili noi‘i i loa‘a mai e nā cytologists pono‘i, ua hō‘oia‘i‘o au i ka loa‘a ‘ana o nā ma‘i ma‘i ma‘i mai kahi hemahema o nā mea ‘ai mea‘ai maika‘i a me ka nui o kēlā mau mea hale ma‘amau e paipai i ka ulu ‘ana o nā cell.

‘O ka ho‘ohui ‘ana i ka mea‘ai mo‘a ka mea ‘oi loa ka pō‘ino o nā mea a pau

‘O nā hewa

E no'ono'o maoli paha ka mea heluhelu no ke aha i 'ike 'ole ai kekahi o nā 'epekema kaulana a me nā poloheka i kēia mau 'oia'i'o ma'alahi a no ke aha i ha'i 'ole mai ai kekahi iā mākou he mea kūlohelohe a weliweli ka ma'a o ka 'ai 'ana i ka mea'ai. 'O ke kumu, 'o ke kanaka holo'oko'a he po'e mea'ai a ua makapō ka mea 'ai i nā mea āpau. 'A'ohe mea i 'ike he hewa ka 'ai 'ana a 'o ia ka mea weliweli loa o nā hewa a pau. 'A'ole ia he 'i'ini wale i ho'okahi 'ano mea, akā 'o ka huina o ka makemake nui o kekahi i nā kaukani mau mea (a he "mea kupanaha," "makemake" i kēlā!). Ma waho a'e o kēia, 'ike ka po'e 'ai 'ai pōkole i ka waiwai a me ka maika'i i ka nui o nā ho'oha'aha'a i ho'okau 'ia i nā mea'ai, 'oia'i 'o ka nui loa o nā ho'oha'aha'a e ho'oulu ai i ka nui o nā pō'ino, 'ike 'ia ka 'ike maoli. i nā 'ano ma'i like 'ole e kū nei ma ka honua.

Ho'opili ke kanaka i nā mea 'awa'awa, e like me ke kī, kofe, koko, paka, wai'ona, opiuma, cocaine, morphine, a pēlā aku. 'O nā mea'ai i ho'omo'a'ia e ho'opuka i nā'ano mea'awa'awa nui, i ka wā lō'ihi, e mālama'ia ma nā wahi like'ole o ke kino, e like me nā paia o nā a'a a me nā capillaries, ma waena o nā hono, ma waenakonu o nā pūnaeweke momona a me nā wahi'ē a'e. E like me ka makemake ole o ka mea inu i ka heroin mai na pono physiological ma'amau o kona kino, pela no ka makemake o ka mea ai moa i ka ai moa, kona manao pololi, aole ia he koi ma'amau o kona kino; akā, 'o ia ke koi 'ana o kāna mea ho'ohui. 'O ia ka hō'ike o nā mana'o i ho'oulu 'ia e nā mea 'awa'awa i hō'ili'ili 'ia i loko o ke kino kanaka; 'o ia ke koi o nā ma'i e kau ana i loko o ke kino, ke kāhea 'ana o ka 'enemi 'ino loa o ke kanaka.

Ho'okomo 'ia kēlā hewa weliweli i loko o ke kino o kēlā me kēia kanaka na kona mau makua pono, mai ka moo. 'O ia ke kumu i ka manawa e ho'omaka ai ke pēpē e maka'ala a ho'omaka i ke kama'ilio 'ana, ua pa'a mua ka mea 'ai i ka mea'ai iā ia a mai ia manawa a hiki i ka hopena o kona ola 'ana, mana'o 'o ia i ka mea'ai i kuke 'ia 'o ia kāna mea'ai ma'amau a me kona kuko ikaika

no ka mea, e like me kona koi physiological; 'o ia kāna i kuhihewa ai i ka pololi maoli.

'A'ole Pololi ka Koi 'O ka Mea'ai Mo'a

Ke ho'ā'o ka mea 'ai mo'a e 'ai i nā mea'ai maoli wale nō, e like me ka wōnati, ka 'ai, nā hua'ai maka a me nā mea kanu, a 'a'ohe ona makemake hou i kekahi 'ano mea'ai maka, ua ho'okō pono 'ia nā koi kūlohelohe o kona kino i kēlā manawa. ua maona ia. Akā 'oiai 'o ia, inā paha ua lawe pinepine 'o ia i kāna mau mea'ai ma'amau i kēlā me kēia lā, e hana mau ana 'o ia me he mea lā 'a'ole 'o ia i 'ai 'ole a mana'o 'o ia i kahi koi nui no kahi kī'aha o ka 'i'o momona, momona a momona. Aole pololi hou keia. 'O ia ka ukiuki i loa'a i nā lā'au 'awa'awa i mālama 'ia i loko o ke kino a ke koi nei i nā mea make hou. 'O ia ka uē a ka daimonio e waiho ana ma laila a e koi ana i nā mea hana hou e haehae ai i ke kino kanaka. Lohe ka mea 'ai maka a na'auao i ka uē 'ana i kona ikaika a pau i kēlā lā i kēia lā, akā 'a'ole 'o ia e ho'olohe me kona 'uhane a pau, 'a'ole ho'i e 'ae i ka 'ae'ana.

Ho'oikaika ka 'ai 'ana i nā kino kanaka e hana ma 'E'olu a 'Ehā Manawa Ko lākou Mana Ma'amau

Loa'a i nā kino a pau o ke kanaka kahi waihona o ka ikehu mālama kūlohelohe. 'O ka mea ma'amau, hana lākou i ka hapahā o ko lākou hiki ke hiki, e mālama i ke koena o ko lākou ikaika no ka ho'ohana hope 'ana i kahi pilikia kūikawā a i ka wā 'elemakule. No laila, ma ke 'ano "ma'amau" 'o ka pulse rate o ka pu'uwai he 70-72 mau ku'iku'i i kēlā me kēia minuke ('oiai he 58-62 wale nō kā ka mea 'ai maka wale nō), a ma nā kūlana kū'oko'a, hiki ke ho'okī'ekī'e 'ia i 'oi aku ma mua o 200 beats i kēlā me kēia minuke. Eia hou, i ka manawa ma'amau o ka hanu 'ana he 500 cc o ka ea e komo i loko a i waho o ka māmā, akā ma kahi hana hanu kūikawā hiki iā mākou ke ho'oulu i ka nui o 3700 cc.

Ho'ohana ka mea 'ai maka i kāna mau mea ho'ohehe'e i ka hapahā ko lākou hiki ke hiki, a no laila, 'a'ole i ho'oluhi a luhi paha kona mau kino. 'O ka mea 'ai i kuke 'ia, ma kekahi 'ao'ao, ma hope o ka ho'oulu 'ana i kona 'ai 'ana ma o nā reflexes conditioned, ho'onāukiuki.

‘O nā mea ‘ala, nā aperitifs a me nā mea ho‘onāukiuki ‘ē a‘e, e ho‘opiha i kona ‘ōpū a hiki i ka mea e koi ‘ia ai nā ‘ōpū o ka digestive e ho‘okō i kā lākou mau ikaika a pau a hiki ‘ole ke ho‘okō i ke koi i kau ‘ia ma luna o lākou. Ma kahi e koi ‘ia ai ke kanaka e ho‘iho‘i i ka mea‘ai ‘ino ma ke ala like me kāna i ho‘ouna ai i lalo a i ‘ole e kipaku ‘ia mai loko aku o kona ‘ōpū me nā mea ho‘oma‘ema‘e. ‘O ka mea kupanaha, ‘a‘ole i mana‘o ‘ia e ka mea ‘ai ‘ai mo‘a ‘o ia mau hana nausea.

Ma muli o ka ho‘onui ‘ia ‘ana o nā ‘āpana ho‘ohehe‘e, ua ho‘onohonoho ‘ia nā mea kōkua he nui e hana, e like me ka pu‘uwai, ke ake a me nā pu‘upa‘a. ‘O ka hana hou i hana ‘ia e kēia mau kino, ‘o ia ka hopena o ka luhi a ho‘oku‘u iā lākou i waho o ka hana ma mua. No laila, ‘a‘ole ia he mea kupanaha, no ka mea, ua pōkole ke ola o kekahi i kekahi mau manawa. Ma ka hanai ana i na mea pono ole, ino a make, e hoonanea ana ka mea ai-ai i kona mau kuko, hoopau i ka hana o kona opu, a hana i ka hoopunipuni o ka maona, a o kona mau keena, e uwe ana me ka pololi no ka nele i na mea e pono ai. . E hoomaha mau ana ka opu o ka mea ai maka, oiai nae he hakahaka, aka, ua piha maoli kona kino a maona ma ke ano maoli o ka olelo.

Ke ho‘oholo ka mea ‘ai mo‘a e ho‘ololi i ka ‘ai maka, i ka wā mua ‘a‘ole ‘o ia e mā‘ona, ‘oiai ‘o ka nui o kāna ‘ai ‘ana. ‘O ka mea ma‘amau ma mua o ka hau‘oli, mana‘o ka po‘e ho‘ohui i ka mea‘ai me ka hau‘oli i kēlā ‘ano. I ko lākou mana‘o, ‘o ke kumu o ko lākou pōloli ho‘omau ‘ia ‘o ia ka mea ‘ai a lākou e ‘ai ai he ha‘aha‘a ka waiwai o ka mea‘ai a he waiwai ‘ole ke ‘ano mea‘ai. He kuhi hewa weliweli kēia. ‘O ka mea ‘ē a‘e, ‘o ia mau mea‘ai ka mea‘ai a me ke kaulike piha. Ua pilikia nā pūnaeweke kanaka no nā makahiki mai ko lākou ha‘alele ‘ana. ‘O nā kaha o nā ‘ōpū ho‘ohehe‘e kanaka e pili pono i kā lākou haku ‘ana a me ka ho‘onohonoho ‘ana o kā lākou mau mea. ‘O ia ke kumu e ‘oli‘oli ai ka ‘ōpū i kēlā mau mea‘ai, ho‘oma‘ama‘a wikiwiki a hā‘awi i loko o ka ‘ōpū me ka lō‘ihi ‘ole, ‘oiai ‘o nā ke‘ena i ko lākou manawa pono‘ī, ‘ele‘ele a nāwaliwali e like me ka pōloli, e ho‘omo‘i ikaika i kēlā mau mea waiwai a koi pinepine i nā mea hou a‘e. nui aku o lakou.

Ho'ōla 'ia nā ma'i, ho'ōla ka po'e 'ele'ele, ola hou ka po'e hana 'ole. 'O nā pūna'i momona, ma kekahi 'ao'ao, ho'omaka e hehe'e i ka pōloli, e nalowale nā hui 'awa'awa a ha'alele ka wai nui i ke kino. A laila, 'o nā pūnaewe hana ma'amau e pani i ka hakahaka o kēlā mau pu'upu'u lohi i momona me ka palaualelo a me ka hana 'ole. 'O ka lilo wikiwiki o ke kaumaha o ke kino he hō'ailona maopopo ia o ka loa'a hou 'ana o ke olakino a me ka ikaika.

Pono kēia 'oia'i'o e ho'opiha i ka pu'uwai o ke kanaka me ka hau'oli a me ka hau'oli. No ka mea, ua laha koke ia mau mea'ai ma kona kino a hā'awi iā ia i ke olakino, ka ikaika, ka ikaika a me ka ikaika. 'O ia ka manawa mua i loko o kona ola 'oiai 'oiai ua loa'a i kāna mau 'ōpū a me nā 'ōpū i kahi lako mea'ai nui loa, hiki iā lākou ke hana me ka 'olu'olu a me ka ma'alahi. Ina paha i kela la, ua oi aku ka nui o ka ai maka mamua o ka mea e pono ai kona kino, a i ole e hiki i kona opu a me kona mau keena ke komo, aole e hoole kona opu, aole hoi e ulu mai ka nausea i loko ona. e kipaku aku me ka ikaika a me ka ikaika. 'O nā mea'ai i 'oi aku ma mua o kona mau pono ma'amau, 'a'ole e noho i loko o ka 'ōpū e ho'opō'ino ai; 'a'ole lākou e lilo i mea 'awa'awa a i 'ole e lawe mai i nā ma'i 'ai. Akā, me ka 'ole o ka 'ai 'ana, e hele koke lākou i loko o ka 'ōpū i loko o ka 'ōpū a laila e ha'alele i ke kino me nā feces i kēlā lā, 'a'ole i hō'eha iki i ke kino. No laila, e ma'alahi mau kona 'ōpū, 'oiai e ho'opiha 'ia kona 'ōpū a me kona koko i nā mea'ai kaulike piha.

A laila, i kēlā manawa, e ho'ā'o wale 'o ia e 'ai i kekahi mau 'āpana mea'ai mo'a. E hō'ole loa kona 'ōpū i kēlā mau mea 'ē a makemake 'ole. Me ka 'olu'olu loa o kona 'ā'i, e waiho lō'ihi ana kēlā mau 'ai i loko o kona 'ōpū, e hana lākou ma ke 'ano he pani e pani ai i kona 'ai a ho'opau i ka hana ma'amau o kāna mau hana ho'ohehe'e. Akā, ua 'olu'olu a hau'oli ka mea 'ai mo'a i kēlā 'ano, no ka mea, ua mā'ona 'o ia i kona kuko, ua ho'opiha 'o ia i kona 'ōpū a ua "piha." 'O ke kanaka i 'ike i ka waiwai o ka 'ai maka maka'u i kēlā 'ano. Ho'omaopopo loa 'o ia 'o nā mea'ai mea'ai maka ka mea e hānai ai i ke kino, 'oiai nā kupapa'u make

mailoko mai o ke ahi, he mau wahie wale no, a he mau mea make a me na mai.

Pono nā mea'ai kanaka i nā pūnaewe ole a me 'A'ole nā kino o nā mea make

'O nā mea'ai i kaulike piha 'ia me nā sela ola. I kēia manawa, ola mau nā kino mea kanu ma hope o ka ha'alele 'ana i ka honua. Ke ho'omau nei ka pua rose i loko o kahi ipu, 'oiai e ulu ana nā hua i ke kanu 'ia i nā makahiki ma hope o ka hō'ili'ili 'ana. Akā, 'o nā ke'ena o nā holoholona i pepehi 'ia a i 'ole nā waiu i 'aihue 'ia mai ko lākou kino, make koke lākou, a laila ho'omaka lākou e wāwahi a lilo i mea 'awa'awa, 'oiai ke kuke 'ana e ho'ohuli iā lākou i mea weliweli maoli. 'O ka mana'o 'ana i nā protein holoholona i 'oi aku ka maika'i ma mua o nā mea kanu mea'ai he hewa maika'i loa ia o ka ho'oholo 'ana, he hō'ike hō'ike no ka pōkole o nā mea ho'omana 'i'o ho'omana. Inā mākou e 'ae i ka ho'ololi 'ana o ke kino holoholona i nā protein mea kanu a ho'ololi iā lākou i mau mea'ai kūpono piha, a laila 'o ka 'i'o o kēlā mau holoholona e like me nā alopeke, nā 'lilo hae, nā 'lilo, nā pōpoki a me nā tigers e 'ai ana i kēlā mau protein "kūpono piha" pono ia o ka. waiwai nui loa; aka, ua maopopo loa ke ano onaona o ka io o ia mau holoholona, a hiki ole i ka mea hoomana io ke aa e hanai.

'O kēlā mau mea olaola i koi 'ia e ko lākou mana'o pilikino e 'imi i nā pono kūikawā i ka 'i'o, i ka 'ike 'ana i ka mea i kapa 'ia 'o ka mea hiki 'ole ke ho'ololi 'ia 'a'ole i no'ono'o i ka hana i hana 'ia kēlā mau amino acids mai nā mau'u ma'amaui 'ai 'ia e nā holoholona. e hana i nā waikawa amino mai nā mau'u a me nā mau'u, akā 'a'ole hiki i ke kino o ke kanaka ke ho'omākaukau i nā pūhui like mai nā mea'ai mea'ai o ka mea'ai ki'eki'e loa?

Pehea ka miliona o ka po'e India e noho nei me ka 'ole o nā waikawa amino i hā'awi 'ia e ka 'i'o?

‘O ka ‘ike pōkole ka hemahema nui loa o ka lā‘au lapa‘au
‘epekema

‘O ka hewa nui loa o nā mea olaola i ho‘ohui i ka mea‘ai kuke
o ko lakou ike pokole ana. Ho‘opili lākou i ko lākou mau maka i kēlā
mau pō‘ino i ‘ike ‘ia he li‘ili‘i a ‘ike ‘ole i nā hopena ko‘iko‘i e hopena koke a ma
hope paha mai nā kumu ‘ike ‘ole ‘ia. E hō‘ike mākou i kā mākou ‘ōlelo
ma kekahi mau hi‘ohi‘ona. ‘O nā mea‘ai i kuke ‘ia, ‘oi aku ka nui o nā
kī‘aha ‘i‘o, piha i nā mea ‘awa‘awa. I kēia manawa, ‘a‘ohe mea e ‘ike i
ka ma‘i ‘awa‘awa e hele mau nei me ka ‘ike ‘ole ‘ia i nā manawa a pau a
‘oiai ma muli o ka make ‘ana o ke ake, ua pō‘ino ka pu‘uwai a me nā pu‘upa‘a
i ka manawa, ‘ike ‘ia ke ‘ano i nā kumu ‘ike ‘ole. Ke ‘oi aku ka ‘ino o ka
lā‘au ‘awa‘awa a hui pū ‘ia me ka ma‘i ma‘i a me ka lua‘i ‘ana, ua
mana‘o ‘ia he ma‘i ‘ōpū. Ma ka make ‘ana, ho‘omaopopo wale lākou
i ke ‘ano e pili ana i ke kino holo‘oko‘a a ho‘oweliweli i ka mea i make me
ka make koke. ‘Ehia mau ola hala ‘ole i kaumaha ‘ia ma kēia ‘ano!

‘A‘ole ‘ike nā kāne i ka haumia e komo ana i loko o ko lākou mau
a‘a a me nā a‘a ma ke ‘ano o ka mea‘ai i kēlā me kēia lā, a ke noho ‘o ia i kēlā
me kēia papa ma luna o nā paia o nā moku, e hō‘emi i ko lākou mau ala a
ho‘ōki koke i ke kahe ‘ana o ke koko i kekahi lā, pōkole. -‘ike ka po‘e ‘ike i
ka hanana ‘ana he "mana‘o ‘ole."

‘A‘ole ‘ike nā kāne i ke ko‘iko‘i nui i hana ‘ia e nā wai kahe
nui e holo wikiwiki ana i kahi wai nui nona ka nui o nā miliona mau tona.
Akā, i ka wā e hā‘ule lō‘ihi ai kēlā pā wai i ka hopena o kēlā mau waikaheka,
‘o ke kumu o kona nahā hope ‘ana, ‘o ia ka pōhaku i ho‘olei ‘ia e kahi keiki
li‘ili‘i. Ua ‘ike mua mākou i ka mana‘o kūpono o ka mea ‘ai maka i nā
kumu o ka ma‘i kanesa. E kūrē i kēia, ‘o ka 400 "carcinogenic agents" i
hō‘ike ‘ia iā mākou e nā ‘epekema noi‘i, ka po‘e i ho‘ohui i ka mea‘ai i
kuke ‘ia, i waena o ia mau mea e like me ka ho‘onāukiuki mechanical
a me ka puhi paka, ‘a‘ohe waiwai nui a‘e ma mua o ka pōhaku i
ho‘olei ‘ia e ke keiki.

Loa'a i kēlā me kēia okana he mau miliona mau keena ma o nā hana i ho'ohui 'ia e lawelawe 'ia ai ka hana o ia kino. Ke nele ka mea'ai i koi 'ia ma luna o kēlā mau cell i kekahi mau mea ko'iko'i, ho'omaka nā cell e nalowale ko lākou ola a hā'ule i ka ho'ohana 'ole 'ia. Ke hele mai nei nā waihona ikehu i ke kula, akā, ua pau koke lākou. I ka lō'ihi o ka ho'okō 'ana o ke kino i kāna mau hana ma ke 'ano a i 'ole, 'a'ole 'ike ka po'e makapō pōkole i ke kukui 'ula'ula; aka, i ka hope o ka lohi ana i kana mau hana, olelo mai lakou, ua mai keia okana, a ua loa i na laau lapaau. Akā, hiki paha i kahi pill līlī'i a i 'ole ka lā'au 'awa'awa ke ho'ololi i nā mea momona o nā mea'ai i pui 'ia i ke ahi no nā makahiki he mau makahiki a ho'iho'i i nā ke'ena kīnā i ko lākou nalowale hiki ke hana kūikawā?

Ma hope o ka moe 'ana i loko o ke kahawai 'ai no nā lā, 'o ka nui o ka 'i'o, nā hua, ka pata a me ka pa'akai e ho'opau 'ia a ho'oulu i ka mumū o ka 'ōpū, 'o ka hō'ailona ma'amau 'o ia ka ma'i ma'i. Akā, inā hō'ike maoli ke keiki i nā hō'ailona o ka ma'i ma'i, ua kau 'ia ka hewa a pau ma luna o kekahi mau 'ili hua i 'ike 'ia i loko o ka feces. 'A'ohe mea e nīnau pehea e hiki ai i nā 'ili hua'ai ke ho'omake i ka 'ōpū o ke keiki, me ka 'ole o ka pohō a palaho paha, waiho lākou i ke kino me ka loli 'ole i loko o kekahi mau hola o ko lākou komo 'ana. 'O ka pō'ino holo'oko'a ma muli o ka mana'o o ka po'e i nā hua manu, ka 'i'o, ka pata a me ka meli ma ke 'ano he mea'ai ma'amau a ko'iko'i ho'i, akā 'o ka hua ma ke 'ano he lua, hiki ke 'ai 'ia a 'a'ole 'ai 'ia. I kekahi manawa, ua mana'o 'ia he mea pono e pāpā i nā keiki i ka 'ai 'ana i ka hua i "'a'ole e ho'opau i ko lākou 'ōpū."

'A'ole hiki ke mana'o 'ia ke kaumaha o kahi mea 'ai mo'a ma ke 'ano he kumu no ke olakino maika'i.

'O ka Obesity ka ma'i weliweli loa

I ka wā e hiki ai i ke kino o ke kanaka ke kū'ē i kahi kūlohelohe 'O ka 'ai 'ana a me ka ho'omau 'ana i kāna hakakā 'ana, 'ike 'ia nā 'ano ho'opi'i like 'ole, e like me ka pau 'ana o ka 'ai, ka 'ai 'ana, ka ma'i gastritis a me nā ma'i 'ōpū 'ē a'e, colitis, a pēlā aku. 'O kēia mau mea a pau ka hō'ike waho o ka hakakā 'ana o ke kino e ho'ohana i nā ala āpau i kāna

e ho'opau i nā hopena 'ino o ka mea'ai kūlohelohe a e kipaku aku i nā mea 'ona i hana 'ia e ke kino. Ho'omaka ka mea ma'i e lilo i ke kaumaha a laila ho'ā'o lākou e ho'oikaika iā ia ma ka hā'awi 'ana iā ia i nā mea'ai "mea'ai". 'O ka lā i lanakila ai ke kino a pau kāna hakakā 'ana, ho'omaka ke kanaka i ke aloha i kēia ao a i 'ole, ma ke 'ano 'ē a'e, pī'i a'e kona makemake a ho'omaka 'o ia e 'ai me ka 'ole, e 'eli maika'i, e kau i ke kaumaha, "e ho'i hou i kona olakino. a me ka ikaika." I nā hua'ōlelo 'ē a'e, i kēlā lā ke kino kanaka, ha'alele i kāna hakakā 'ana, "ho'ololi" iā ia iho i ka 'ai kūlohelohe a ho'okumu 'ia ke kumu o kekahi o nā ma'i weliweli loa o ke kanaka - unnatural corpulence.

Ma muli o ke ko'iko'i o nā mea'ai kūlohelohe, koi 'ia ke kino e ho'okipa iā ia iho a e komo i loko o ke kino i nā hō'ilī'ili o nā mea 'ino i hana 'ia e ia mau mea'ai. Ho'okumu 'ia nā waihona me nā momona, ka uric acid a me kāna mau derivatives, cholesterol, ka pa'akai ma'amau, nā wai nui, calculi, scirrhus formations, tumors, inactive and parasitic cell, multinucleated giant cell (polykaryocytes), cell with oversized nuclei (megakaryocytes), etc. I kekahi manawa, loa'a kēia mau pūnaewe i nā haneli he nui o ka nui o nā pūnaewe ma'amau, akā nele lākou i ka hiki ke hana i kekahi hana pono.

'O kēlā mau monstrosities a pau e hō'ilī'ili i loko o ke kino e hana i loko o ke kanaka 'O ka ho'opunipuni o ke olakino a me ka ikaika, 'oiai 'o ka 'oia'i'o ua loa'a 'o ia i ka emaciation mālie. Lilo a palupalu kona mau 'i'o, 'oi aku ka lī'lī'i o ka nui o kāna mau mea hana kūikawā a me ka ikaika, a 'o kona mau 'i'o ua pau. 'O kēlā po'e kāne "pa'a," "pa'a" me nā pu'upu'u pu'upu'u, nā lima momona mānoanoa, nā lima 'ele'ele a me nā papa momona, ka mea i nui ai ko kākou honua, he mau iwi i uhi 'ia i ka 'ili. Ua ho'ouka kēlā me kēia o lākou i kāna mau 'i'o nāwaliwali a palupalu me kahi hipa momona, kahi āna e hānai ai me ka 'ole a lawe pū me ia iho ma nā wahi āpau. Akā, he mea kupanaha ka 'ōlelo 'ana, ke kaena mau nei kēlā po'e i ko lākou olakino, ikaika a me ka ikaika.

Haaheo lakou i ko lakou oolea, i na manawa a pau e oleloia ma ke kama'ilio ana, hoopa lakou i ka laau, a ma ka Hikina, uwe; o lilo auanei kekahi hua o ko lakou kaumaha i aloha nui ia. Hiki i kekahi ke ho'opiha i nā puke he kakini me nā hi'ohi'ona o ia 'ano 'ike pokole.

'A'ole hiki i ka lā'au lapa'au ke ho'ololi i nā mea maka i ho'opau 'ia i ke ahi

'O nā lā'au lapa'au a pau i ka ho'ohana ma'amau he symptomatic. I nā hua'ōlelo 'ē a'e, lawelawe lākou ma ke 'ano he palliatives e hā'awi i ka manawa pōkole i ka mea ma'i a i 'ole e hūnā i nā hō'ailona o ka ma'i. 'A'ole hiki iā lākou ke lawe i kahi o nā mea'ai maka i luku 'ia i loko o nā ipu kuke a me nā pā. Nui ka po'e 'epekema nui e pāpā loa i ka ho'ohana 'ana i nā lā'au lapa'au. Ma 'Enelani, ma hope o ka noi'i ho'oikaika 'ana i ka wā o 'ehā a me ka hapa makahiki ma kahi āpana nui o ka papa waiwai o ka po'e Pelekania, ua hiki i nā mea olaola Peckham i ka hopena he 'eiwa wale nō ka nui o ka heluna kanaka i hau'oli. Kou ola pono; 'o ke koena he 91 pakeneka o nā kākā he ma'i, 'oiai 'a'ole 'ike ka hapa nui o lākou i ko lākou ma'i. Ma hope o ka mālama 'ana i ka lā'au lapa'au, 'o kā lākou ho'oholo 'ana, 'ane'ane me ka 'ole o nā ma'i āpau i koho 'ia no ka lā'au lapa'au i pane i ka mālama 'ana, akā ma hope mai ua 'ike 'ia kahi pō'ino nui i ke olakino ākea o nā ma'i. 'O ia ho'i, hūnā wale nā lā'au i nā hō'ailona o kahi ma'i, a'o ka pō'ino i hana 'ia e ho'ohui 'ia i ke kino nāwaliwali i mea e 'oi aku ka 'ino.

No laila, 'o ka mea makemake 'ole e loa'a i ka ma'i, a inā ua loa'a 'o ia i ka ma'i, e ho'i hou i kona ola kino, 'a'ole pono ia e kau i kona mana'olana i ka lā'au; aka, he pono iaia ke hoole i ka ai ana i na mea ai a me na laau lapaau, a e ola e like me na kanawai o ke kino ma ka ai maka!

'O kēia ke ala 'oia'i'o, palekana a 'epekema, 'oiai 'o ka lā'au lapa'au, e ha'i iā Bircher-Benner, "ho'opunipuni a ho'opunipuni." I ko'u mana'o, hiki ke kapa 'ia 'o ia he ho'opunipuni a me ka ho'opunipuni. Ua kapa 'o Nietzsche i nā lā'au lapa'au "'o nā lashes o ka hahau." Hiki i nā kauka ke hō'oia'i'o iā lākou iho i ka 'oia'i'o o ka'u mau 'ōlelo ma ka ho'oka'awale 'ana i kā lākou po'e ma'i o ka haukapila i 'elua mau pū'ulu like, e mālama ana i kekahi o nā pū'ulu ma o nā lā'au lapa'au a me nā mea'ai i kuke 'ia, 'o kekahi ma ka 'ai 'ai maka, a laila ho'ohālikelike i nā hopena 'elua. me kekahi i kekahi. 'O kēia ka ho'ā'o kumu a ho'oholo, inā 'a'ole e ho'omau 'ia kēlā me kēia ho'opa'apa'a kū'ē i ka 'ai maka me ka 'ole o ka waiwai a i 'ole ka waiwai. E hō'ike mākou i kā mākou mau 'ōlelo ma o kekahi mau hi'ohi'ona mai ka lā'au lapa'au symptomatic.

‘O ka ‘eha ka hō‘ailona hō‘ailona e pili ana ke kino i ka pō‘ino, ka uē o ko mākou kino no ke kōkua. Akā, ma kahi o ka ho‘opau ‘ana i kēia pō‘ino, ho‘opau mākou i nā a‘alolo e hō‘ike ana i ka mana‘o o kēia pō‘ino i ko mākou lolo a ho‘opa‘a i ko lākou leo me ka lā‘au make. I kēia manawa, lawe ka ma‘i i kāna ala hiki ‘ole ke ho‘opilikia ‘ia e nā hopena ‘ino o nā lā‘au lapa‘au. E hā‘awi i kekahi la‘ana: i ka wā e ulu a‘e nā ala o ko mākou mau a‘a i ka piha ‘ana i nā haumia, pono ka pu‘uwai e ho‘ohana i ka ikaika nui e ka‘a i ke koko ma o ke kino a ma muli o ka pī‘i ‘ana o ke koko. Akā, ma kahi o ka ho‘oma‘ema‘e ‘ana i ko mākou mau a‘a koko i kēlā mau haumia, ho‘ohana wale mākou i nā mea ‘awa‘awa e ho‘oulu ai i kēlā mau a‘alolo hiki ke ho‘ohola a ho‘onui i ko lākou mau ala. I ka lō‘ihi o ka maika‘i o ka lā‘au ‘awa‘awa, e kahe mālie ke koko i loko o nā moku a hā‘ule ke kaomi no kekahi manawa. Eia na‘e, i ka hala ‘ana o kona hopena, ho‘i nā moku i ko lākou kūlana mua me ka nāwaliwali loa o ka hana a nā lā‘au i ho‘ohana ‘ia.

‘A‘ohe lā‘au lapa‘au ‘a‘ohe hopena pō‘ino i ke kino. Akā i kēia mau lā, ua puka mai kahi helu līlīlī o nā puke e pili ana i kēia kumuhana, ‘o ia kekahi, "Reactions with Drug Therapy" (1955), na Kauka Harry L. Alexander, Emeritus Professor of Clinical Medicine, Washington University Medical School. , hā‘awi mai iā mākou i nā ‘ike he nui. ‘O ka‘oia‘i‘o, ‘o ka mea ma‘amau, ‘o nā lā‘au lapa‘au ke kuleana no kēlā mau pilikia a me nā hopena e pepehi koke ai i ka mea i hō‘eha ‘ia a i ‘ole ke ‘ano o nā ma‘i ko‘iko‘i. ‘Oia i ho‘okahi wale nō i loko o ho‘okahi tausani o ia mau pilikia i ho‘opa‘a ‘ia; ke koena i ka poina mau loa.

Ua ho‘okumu ‘ia kēlā me kēia o nā mea 350,000 i ho‘ohana ‘ia no ka ho‘omākaukau ‘ana i nā lā‘au lapa‘au hiki ke hana i nā pilikia. Akā i waena o lākou ‘o ka penicillin, aureomycin, streptomycin, mercury compound, sulfonamide group of drugs, digitalis, vaccines, serums, synthetic vitamins (thiamine, niacin, etc.), atophan, cortisone, liver extract, insulin, adrenaline a me nā mea he nui. nā lā‘au ‘ē a‘e i ho‘ohana mau ‘ia.

He mea nui e haawi i keia ninau i ka noonoo akahele loa.

‘O nā huaora synthetic a me nā mea ho’ohehe’e organik, kahi e makemake ai nā kākāka e pani i nā mea momona a me kā lākou huahana i puhi ‘ia i loko o ka lumi kuke, pepehi i ke kanaka me ka wikiwiki o ka uila, pinepine i loko o ‘elima mau minuke ma hope o ko lākou komo ‘ana i ke kino. I ka makahiki 1951, 324 miliona, a i ka makahiki 1952, 350 miliona grams o ka penicillin wale nō i ho’okomo ‘ia i loko o ke koko o ke kanaka i mea e pani ai i nā lā’au lapa’au kūlohelohe i puhi ‘ia i loko o ka lumi kuke.

Ma hope o ko lākou ho’okomo ‘ia ‘ana i loko o ke kino kanaka, pepehi nā lā’au i nā tausani o nā kākāka, i kekahi manawa i loko o ‘elima a ‘umi mau minuke, ma o anaphylaxis, a’o nā ‘umi kaukani o nā mea ‘ē a’e i loa’a i ka lehulehu o nā ma’i, kahi a mākou e ‘ōlelo ai i ka nettle-rash, dermatitis, prickly. wela, eczema, purpura, bronchial asthma, polyarteritis, cirrhosis o ke ake, jaundice, nephritis, nephrosis, aplastic anemia, serum ma’i a me ka scabies.

Makemake ka po’e e makapō i ke kuleana o kēlā mau lā’au i mea e make ai kēia mau ma’i a me ka ho’opi’i ‘ana i ke ‘ano o ke kino. Akā no ke aha ke kumu o kēia ‘ano ko’iko’i, hā’awi lākou i ka nīnau me ka hāmau.

Ua loa’a i ka’u mau keiki ‘ilihune i nā ma’i like ‘ole a me nā ma’i ‘ili i kekahi mau manawa i ka makahiki. E ho’ā’o mau mākou e ‘imi i ka hewa o ka mea’ai a lākou i ‘ai ai, ‘oiai ‘o nā kauka nāna i hā’awi i nā pū’olo lā’au lapa’au ‘a’ole i ‘ōlelo iki i ka pō’ino o nā lā’au a lākou i kuhikuhi ai. E like me nā miliona o nā mea ‘ē a’e, ua mana’o mākou ‘o nā lā’au lapa’au e ho’ōla wale i nā kākāka, ‘a’ole e hō’eha iā lākou. I kekahi manawa ua waiho ‘ia ka’u mau keiki ‘elua me ka jaundice i ka lā ho’okahi. Pihoihoi loa makou, no ka mea, ua ike makou aole he ma’i lele e pili pu ia laua. I kēia lā, ‘a’ohe mea hiki ia’u ke hana e ho’omāmā i ka ‘eha o ko’u lunamana’o akā ke a’o aku i nā mākou ‘ē a’e no ia mau pō’ino.

I kēia mau lā, he mea kaumaha ka nānā ‘ana i ka ho’olaha ‘ia ‘ana o nā lā’au weliweli loa e ke kōkua ‘ana o nā mele momona a me nā ki’i nani i mea e pono ai ke lawe ‘ia i kēlā me kēia lā. Ma kekahi mau ‘āina, ‘oia’i’o,

Ua ho'ololi 'ia ka lā'au lapa'au a me ka lā'au lapa'au i mea hopohopo nui o ka 'oihana kalepa a me ka loa'a kālā.

'O ka 'ai 'ana e ho'opau koke i ka ho'ohana 'ana i nā 'ano lā'au lapa'au āpau, no ka mea, inā 'a'ole e loa'a nā ma'i, 'a'ohe pono o nā lā'au lapa'au. 'O nā ma'i nā hua o ka degeneration o nā mea'ai; hiki ke lanakila wale ia lakou, nolaila, ma ka hooponopono ana i ko kakou ai. 'O kā mākou mau ho'ā'o a pau e lanakila i nā ma'i ma o nā lā'au lapa'au, he mau ho'okolohua 'ino loa ia e hiki 'ole ke hā'uile. Ke nānā nei kā lākou mau hopena pō'ino iā mākou i ka maka.

'Ike mau 'ia nā 'ano ma'i hou; li'ili'i hā'awi nā ma'i i nā ma'i 'oi aku ka nui. 'O ka hopena, ho'omākaukau mau nā kāne i nā 'ano serum hou a me nā lā'au lapa'au, e 'ike i nā lā'au 'oi aku ka ikaika a me ka ikaika a komo i loko o kahi maze o nā hewa, nā pilikia a me nā pō'ino.

Pono e hana 'ia kahi ho'ololi like 'ole ma mua o ka 'epekema lapa'au. Pono nā kauka 'oia'i'o a me ka lehulehu e ala koke a hana i nā hana ikaika e pale ai i ka luku 'ia 'ana o ka waiwai maka i mana'o 'ia no ka hale hana kanaka.

I ka mana'o o ka po'e 'ike pōkole, 'o ka 'ai maka ka mea like he ho'i i ke ola mua o ke kanaka prehistoric. 'O ka 'oia'i'o, 'a'ohe mea 'oi aku ka hilahila o ka mo'omeheu ma mua o nā hana o ka kuke 'ana a me ka ho'oma'ema'e. Ho'opau wale ka mea 'ai maka i nā pō'ino i kapa 'ia e nā ma'i i kapa 'ia 'o ka civilization a hō'ole i ka ho'ohuli 'ana i ka holomua 'enehana i hā'awi 'ia iā ia e ka mo'omeheu i mea e luku ai i ka ma'ema'e o nā mea maka o ke kanaka. A i 'ole, 'a'ole 'o ia e poina i ka 'olu'olu o ke kama'ilio 'ana ma ke kelepona, ka huaka'i ma ka lewa a i 'ole ka mālama 'ana i kāna mau hua i loko o kāna pahu hau.

No nā kenekulia, ua makapō a na'au pō nā kāne i mana'o mau lākou i ka 'ai 'ana i nā mea'ai mo'a ma ke 'ano he hana kūlohelohe. A i kēia manawa, akahi nō a lohe lākou i ka 'ai maka, mana'o lākou he mea 'ē a pa'akikī ho'i, akā 'o ka 'oia'i'o, 'o ka ho'oha'aha'a 'ana i nā mea'ai maoli ma ke kuke 'ana.

‘A’ole kūlohelohe, ‘ano ‘ē a me ka ‘ike, a pono e ho‘opa‘a ‘ia ma ka mō‘aukala ‘o ia ka mea lapuwale nui i hana ‘ia e nā Kanaka.

Ke alaka‘i nei ka ‘ai ‘ai a me ka lā‘au lapa‘au i ka
Lahui Kanaka e Hoopau Loa

Nui nā ‘ano holoholona mammoth i noho ma kēia honua a ua hui ‘ia me ka pau loa. I kēia mau lā, ma kona mau lima pono‘ī ke hana nei ke kanaka i nā ‘ano pō‘ino e hiki ai ke ho‘opau iā ia mai ka honua aku. Ho‘ohālikelike me ke ka‘ina hana o ka degeneration o nā mea‘ai, aia ka pī‘i ‘ana o nā ‘ano like ‘ole a me ka pinepine o nā ma‘i like ‘ole. Ma mua o ka hala ‘ana o nā hanauna hou a‘e, e make nā kānaka i nā ma‘i cardiovascular a i ‘ole ka ma‘i kanesa ma mua o ka hiki ‘ana i ka makahiki o ka ‘ōpio a loa‘a ka manawa e ho‘omohala i kā lākou ‘ano hana. Ma muli o ka wikiwiki weliweli o ka pī‘i ‘ana o ia mau ma‘i i loko o nā makahiki i hala iho nei, he mea ma‘alahi ke ‘ike mua ‘ia, inā e ho‘omau nā kāne i kā lākou hana lapuwale, ‘a’ole paha e mamao loa kēlā lā hopena.

‘O ka mea ‘epekema nāna i kuhikuhi i nā pōmaika‘i o ka ‘ai ‘ana a me ka lā‘au lapa‘au, ua like ia me ka mea kālepa, aia ma ka ‘ao‘ao o ka panakalupa, hau‘oli i ka helu ‘ana i kāna mau peni, ‘oi‘ai e pani ana i kona mau maka i nā miliona o nā poho e nānā mai ana iā ia ma ka maka. ‘O ka hopena hope loa o kēlā me kēia ‘oihana pono e ho‘okolokolo ‘ia e kāna waihona koena hope. E nana kakou i na pomaikai a me na pomaikai i loa a ke kanaka makaaainana nona iho ma kona ike ana i ka kuke a me ka laau lapaau, ke hoohalikeia me na mea i lealeaia e ka lehulehu o na holoholona like ole. Ua ‘oi aku ka nui o ke kanaka i nā ma‘i like ‘ole ma mua o nā mea ‘ē a‘e.

Ma hope o ka loa‘a ‘ana o nā huaora, pono i nā kānaka ke ‘ike koke i ka ho‘opau ‘ana i nā mea‘ai maoli i nā mea ‘ai maoli ka nele o ka mea e wikiwiki ai kona hopena. Pono ‘o ia e ho‘opau i kēlā ‘ōpala i ho‘okahi manawa a pono e mālama i ka pale ‘ana o nā mea‘ai kūlohelohe mai ka degeneration. Akā, ‘oi aku ka maika‘i o ka mea‘ai i ho‘omo‘a ‘ia e pale ai i kēlā mau ho‘ā‘o ‘ana i nā ho‘oponopono. Ua lanakila ka addiction i ka ‘epekema a lawe

i loko o kona mau huelo. I kēia manawa, e ho'opa'a mau ana i ka mea'ai i kuke 'ia, ho'ā'o nā kāne e komo i loko o nā mea huna o nā mea'ai, e 'ike i kēlā mau mea i luku 'ia i ka kuke 'ana a me ka hana 'ana, a laila e ho'ololi iā lākou me nā mea synthetic. 'A'ole anei he mea lapuwale ke puhi a ho'opau i kēlā mau mea pono e nā lima pono'i, e lilo i ka ma'i, e kū ma ka 'ao'ao o ka lua, a laila e ho'ā'o hope 'ole e ho'opakele iā ia iho ma nā ala ho'opunipuni? Pono mākou e ho'omana'o i ka 'oia'i'o 'a'ole i kaupalena 'ia kēlā mau mea i nā huaora 40 a me 50 i 'ike 'ia e nā mea olaola. Nui ka nui o ia mau mea i hiki 'ole ke hana i kahi ki'i kūpono o kā lākou qualitative a quantitative waiwai no nā tausani makahiki e hiki mai ana. E no'ono'o kākou i kekahi lā hiki i ka po'e 'epekema ke 'ike i ko lākou 'ano āpau. A laila, i mea e ho'ololi ai i nā mea hana i ho'olei 'ia mai ka palaoa wale nō, pono nā kaukani kaukani a me nā ho'omākaukau no kēlā me kēia kanaka, 'a'ole e 'ōlelo i nā kumukū'ai pāpā 'ia.

Ma o nā noi'i i hana 'ia ma nā 'ano hua'ai like 'ole, nā mea kanu a me nā kī'aha, ua hō'ike nā mea ho'ona'auao mea'ai pono'i iā lākou iho i nā mea'ai kūlohelohe ka waiwai e ho'ōla i kēlā me kēia 'ano ma'i. Akā, 'a'ole makemake ka po'e e 'ae e noho ka'awale ke kino o ke kanaka mai ia mau ma'i inā hānai wale 'ia i nā mea'ai maoli mai ka wā kamali'i. Mai kinohi mai, 'o ka no'ono'o 'ana i ka 'ai 'ana i ka mea'ai i ho'omo'a 'ia e ho'onele iā lākou i ka hiki ke no'ono'o pono, a laila hā'awi ka 'epekema i kona wahi i ka addiction.

'A'ole pono e ho'ohana 'ia nā mea'ai kūlohelohe e nā kauka ma ke 'ano he lā'au lapa'au no ka manawa wale nō. Pono lākou e ha'i 'ia 'o ia wale nō ka mea'ai kūpono no ke kanaka

Nui nā kauka holomua e ho'āhewa i ka lā'au lapa'au. 'O kekahi o lākou e hō'eha loa i nā hopena maika'i 'ole i loa'a mai ka lā'au lapa'au a ha'alele lākou i ka hana lapa'au a hā'awi iā lākou iho i ke a'o 'ana i nā pilikia kumu o ka prophylaxis. Aia ma waena o lākou ke kauka Swiss kaulana 'o Bircher-Benner, nona nā ha'awina Kelemanian a'u i ho'opuka ai i kekahi mau unuhi pōkole ma ka'u puke Armenian. I ka ho'omaka 'ana o kāna 'oihana lapa'au, ua lilo 'o Bircher Benner pēlā

ho'oha'aha'a i nā 'ano hana lapa'au i kēia manawa i ka wā i 'ike ai 'o ia i nā waiwai mea'ai o nā mea'ai maoli, ua ho'omaka 'o ia e ho'ōla i kāna mau ma'i me ke kōkua o ka mea'ai kūlohelohe, me ka 'ole o nā lā'au lapa'au. 'A'ole i liuliu, ua hele aku ka nui o nā po'e ma'i, i mālama 'ole 'ia e nā kauka like 'ole ma ka honua holo'oko'a me ka loa'a 'ole o nā hopena, i kona sanatorium ma Zurich a i ka manawa pōkole loa i loa'a ai ka ho'ōla piha 'ana e ka veganism maka.

Akā, ua mana'o 'o Bircher-Benner i nā mea'ai maka ma ke 'ano he "mea lapa'au," 'a'ole 'o ia wale nō ka mea'ai kūpono no nā mea āpau. Me he mea lā ua koi 'ia nā kāne e hānai iā lākou iho i nā mea'ai kūlohelohe 'ole mai ko lākou wā kamali'i a laila, i loa'a i ka ma'i, e ho'ōla 'ia e ka "'ai therapeutic" i ko lākou mau makahiki. Akā 'o kēia paradox i 'ike 'ia he mau kumu kūpono. 'O ka mea mua, 'a'ohe kanaka ma ka honua, 'a'ole 'o Bircher-Benner ka mea akamai loa i ka mea'ai maka, ka mea i 'ike 'o ka 'ai kuke 'ana he mea ho'ohui a 'o ka makemake o ka po'e i ka mea'ai mo'a 'a'ole ia he pololi a 'a'ole ho'i ke koi olaola o nā pūnaewe.

A laila, ma ke 'ano he kauka, ua a'o 'ia 'o Bircher-Benner e ho'ōla i nā ma'i i loa'a. 'A'ohe mea nāna e uku iā ia i kekahi uku, a i 'ole e lawe nui iā ia, inā 'o ia i kākō'o ākea i kahi 'ōnaehana mea'ai e mālama ai i ke kanaka mai nā ma'i āpau.

I kēia manawa, 'elua mana'o kū'ē i ka mea'ai. 'O kekahi o lākou e pale i ka 'ai maka, a 'o kekahi makemake i ka mea'ai mo'a; 'O kekahi o lākou e kākō'o i ka veganism, makemake kekahi i ka mea'ai holoholona. I kēia manawa 'a'ole politika ka 'epekema. 'A'ohe kuleana o ke kanaka i mana'o hewa e ho'okau i kāna mau mana'o kuhihewa a me ka 'ino i nā keiki hala 'ole. 'O ke koi ko'iko'i o ko kākou manawa e nānā 'ia kēlā mau mana'o 'elua i loko o nā pō'ai 'epekema a me ka mo'omeheu honua, i hiki ke ho'ohewa 'ia ka mea hewa, 'oiai e ho'olaha 'ia ka mea 'oia'i'o i ka lehulehu a ho'okō 'ia i ka hana ma'amau.

I ka 'ike mua 'ana, mana'o kēlā po'e mana'o ma'alahi 'a'ole makemake e komo i ka hohonu o ka pilikia, 'o ka maika'i o ka 'ai maka 'a'ole ia he mea hiki ke ho'okō koke 'ia a 'a'ole mākaukau nā kāne e ha'alele i kā lākou a'a hohonu. mau ma'amau. Akā 'o kēia ka leo o

ka ho'ohui 'ana, 'a'ole o ka 'epekema. Pono e ho'oka'awale 'ia ka 'epekema mai ka addiction. Pono mua mākou e 'ae 'o ka mea'ai maka ka mea maoli a piha i kūpono i ke kino o ke kanaka, a laila na ka po'e makemake e ho'oha'aha'a i nā mea'ai o lākou a me kā lākou mau keiki e hana pēlā i ko lākou na'au.

'O ka mea mua, pono mākou e ho'ohana i ka 'ike i loa'a mai ka 'ai maka e ho'oponopono koke i nā mana'o wahahe'e i laha 'ia i ka 'epekema o ka mea'ai, e like me ka mea i mana'o 'ia nā mea'ai pono loa he mea'ino, a'o nā mea 'ino maoli e 'ōlelo 'ia maika'i. Pono e ho'omaopopo maopopo 'ia, me ka 'ole o nā mea 'ē a'e, 'o kēlā mau hihia āpau kahi i pāpā 'ia ai nā mea'ai maka i ka po'e nāwaliwali, ka po'e ma'i, ka po'e i loa'a i ka ma'i 'ōpū a me nā ma'i 'ē a'e, 'o ia nā mea'ai kapu e ho'ōla, mālama a ho'oikaika i nā ma'i. .

Ma ia mau hihia, 'a'ole ia he nīnau no ka ha'alele 'ana i kahi ma'amau maika'i 'ole. Aka, ke noi mai nei ka mea mai i ka hua, aka, hoole makou; ua ma'i 'o ia i ka mea'ai mo'a, akā ke ho'ohuli nei mākou iā ia e loa'a iki; kā'ili mākou i ka hua mai ka lima o ke keiki a ho'oikaika i ka 'ai i mo'a ma kona 'ā'i. 'O ia ho'i, ua wikiwiki mākou i ko lākou hopena ma ke koi 'ana iā lākou e 'ai i kēlā mau mea'ai i kumu o ko lākou ma'i a me ka hiki 'ole. 'O ka ho'oponopono 'ana i nā kuhi hewa 'ole o kēia 'ano wale nō e hō'emi i ka nui o nā make hiki 'ole i ka 50 pakeneka.

I mea e hō'oi'a'i'o ai iā mākou iho i ka 'oi'a'i'o o kēia mau 'ōlelo ma laila 'A'ohe mea 'ē a'e, 'o ka ho'oma'ama'a 'ana i ka 'ai maka no kekahi mau mahina, a e ho'ā'o 'ia kēia ho'okolohua e kēlā me kēia kanaka na'auao. Ma kēia ala e ho'opau 'ia ai nā mana'o kuhihewa a kū'ē i ka mea'ai.

I ka malamalama o ka 'ai maka i na kumu kumu o ka mea'ai mea'ai hou e noho pa'a i nā kulanui a me nā ke'ena noi'i; akā, lilo lākou i mea nui i nā kākā a pau. No ka po'e ma'amau, hiki ke hō'ulu'ulu 'ia nā inoa 'epekema o nā kaukani mea'ai, kā lākou 'ano pa'akikī a me nā wehewehe lō'ihi a luhi o kā lākou mau mea'ai a me nā pōmaika'i i mana'o 'ia i 'ekolu.

nā hua'ōlelo wale nō: RAW VEGAN FOOD, a i 'ole ka mea maka piha no ke kino kanaka.

No laila, lilo ka 'ai maka i mea maika'i loa ma waho o ka 'epekema o ka lā'au lapa'au, kahi kūpono e wehewehe 'ia 'a'ole e ka 'epekema 'epekema, akā ma ka loiloi, 'o kāna mau hō'ōia'i'o 'o ia nā kānāwai hiki 'ole o ke 'ano a me nā hopena kumu i loa'a mai ka 'ike kumu.

'A'ole pono mākou e ho'onāukiuki i ka pono o ke kanaka

Nā mea waiwai

He hale hana pa'akikī ke kino kanaka. 'Oī aku ka maika'i o ka mana'o 'ia he honua nui o nā hale hana a me nā 'ōnaehana ma ke 'ano o kēlā me kēia cell i lawe 'oko'a 'ia i loko o ia iho he hale hana pa'akikī a, i kona manawa pono'i, aia nā hale hana 'ē a'e. A hiki i kēia manawa, ua hiki i nā 'epekema noi'i ke 'ike i nā 'āpana he 'umi tausani i kēlā me kēia keena. Ua haku 'ia kēlā me kēia 'i'o a i 'ole nā 'ōkana he mau milimilia o ia mau sela, a mai ka hui pū 'ana o ia mau 'ōpū, 'okana, 'ōnaehana, iwi iwi a me ka 'ili i hana 'ia ai ke kino kanaka.

I mea e hiki ai iā lākou ke ho'okō pono i kā lākou mau hana, pono e hā'awi 'ia kēia mau 'oihana pa'akikī a me nā 'ōnaehana me nā mea maka i loa'a i nā 'umi kaukani mau mea like 'ole, 'o kēlā me kēia me kāna kuleana kūikawā e hana i ka ho'onohonoho ma'amaui o ke kino kanaka. Kūkulu 'ia kēlā mau mea a pau e ke kōkua o ka lā a pa'a i nā mea kanu. No ka la'ana, aia i loko o ka hua, ka lau a i 'ole ka hua kulina nā mea'ai a pau e pono ai ke kino holoholona. I kēia manawa, 'oiai 'oko'a kēlā mau mea i nā mea kanu like 'ole e pili ana i kā lākou haku 'ana a me kā lākou ho'onohonoho 'ana, 'a'ole ia he mea nui, no ka mea, ma hope o ko lākou ho'okomo 'ana i loko o ke kino, ua wāwahi 'ia lākou a ho'ohui hou 'ia, i ka wā e ho'ololi 'ia ai kekahi mea i mea 'ē a'e. No laila, hiki i ke kino ke ho'ololi i ka nui o nā mea like 'ole e like me kona pono, akā i ka loa'a 'ole o kekahi mea kemika 'a'ole hiki iā ia ke lawe i kēlā mea i nalowale i loko o ke kino a i 'ole ke pani 'ia e kekahi mea 'ē a'e.

No ka la'ana, 'a'ole hiki ke 'ike 'ia i loko o ke ke'ena ke'ena ke 'ike i ka nui o ka calcium, nā huaora a me nā protein i loko o ka clover, akā mai ka clover a mai nā mau'u ma'amau e lawe nā holoholona i kā lākou mau huaora a me nā pa'akai mineral, a kūkulu i ko lākou mau iwi nui. , ka io a me ka momona. 'O ia ho'i, ma kahi o ka waiū, ka pata, ka pa'akai, ka lolo, ka ate a me ka 'i'o i 'ōlelo 'ia e ka po'e 'ike pōkole e like me nā kumu o ka calcium, phosphorus, nā huaora a me nā protein "kūpono piha", 'o ka clover wale nō paha. 'ōlelo 'ia, no ka mea, mai ka clover ke kumu o ia mau mea a pau. No laila, 'a'ohe mana'o, waiwai 'ole a pō'ino ho'i i ka 'ōlelo 'ana he waiwai nui kēia mea'ai i kekahi mau huaora, a'o kekahi e nui i loko o kekahi mineral, no ka mea, ma waho o ka alaka'i hewa 'ana a me ka huikau o nā kānaka, 'a'ole lawelawe ia mau koi. kekahi kumu pono.

'O nā hana nui o nā mea waiwai i loko o ke kino papakolu. 'O ka mea mua, lawelawe lākou i mea kūkulu hale no ke kūkulu 'ana a me ka hana hou 'ana o nā cell; a laila hana lākou i ka ikehu e pono ai no ka ho'one'e 'ana i kēlā mau cell a hā'awi i ka mehana i ke kino, a 'o ka hope, hā'awi lākou i nā cell kūikawā me nā mea maka e pono ai no kā lākou mau hana huahua.

Pono mākou e mālama i ko mākou kino me ka mālama like e like me ka mālama 'ana o ka mea hana i kāna hale hana. No laila, no ka hana 'ana o nā hana 'ekolu i 'ōlelo 'ia a'e nei, pono mākou e ho'olako i ko mākou kino me nā mea 'ai mea'ai āpau e pono ai ma ke 'ano he mea ho'ohui a me nā āpana kaulike like me ke 'ano i hā'awi 'ia iā mākou. Inā 'a'ole, inā he hemahema kekahi o nā mea i koho 'ia, e loa'a i kēia 'oia'i'o ka hopena maika'i 'ole i ke kūkulu 'ana a me ka hana 'ana o ke kino.

Akā, pehea ka hana a ke kanaka maka'āinana o kēia wā i kona kino pono'i? Ho'opau 'o ia, puhi, pepehi a ho'onāukiuki i ka pono o kāna mau mea maka a laila ho'opiha 'o ia i kona 'ōpū me nā kupapa'u make a 'ona. Ma kēia ala, 'oi aku ka nui o kāna 'ai 'ana i kekahi mea ma mua o nā koi ma'amau o kona kino i nā haneli mau manawa, me kahi hemahema i ka 'ai 'ana o kekahi mea 'ē a'e.

Mai loko mai o ka 'i'o i ho'omo'a 'ia, ka berena ke'oke'o, ka macaroni, ka laiki, nā mea 'ono, ka pata a me ka margarine i hana 'ia me ka hiki 'ole, nā cell parasitic o kahi 'ano ma'alahi, ma lalo o ke kaumaha o ka mea 'ai mea'ai e kūlou nei. Hiki i nā 'eppekema noi'i ke hō'ōia ma'alahi i ka 50, 100 a i 'ole 200 mau makahiki i hala aku nei ua hui pū 'ia nā indispositions kanaka me ka lahilahi nui. I kēlā mau lā, 'oi aku ka ikaika o ke kanaka i ke kū'ē 'ana a ua hiki i ke kino o ke kanaka ke pale aku i nā mea'ai kūlohelohe a pale i ka ho'okomo 'ia 'ana o ka nui o ia mau mea ma muli o ka pau 'ana o ka 'ai, ka ma'i ma'i, ka lua'i a me nā mea 'ē a'e. Eia na'e, i ka wā lō'ihi, hā'awi ke kino kanaka i ke kaomi o nā mea'ai degenerated, "ho'opili" iā ia iho iā lākou, a 'ae i ka plumpness mau 'ole o kā lākou pēpē a me ka chubbiness o ko lākou mau maka. Ua lilo kēia po'e i ka mea mua i kūkulu a laila ho'omau i nā cell ma'alahi, waiwai 'ole, 'a'ohe hana e pili ana i ko lākou kūkulu pono'i. 'O ia ke kumu i kēia manawa 'a'ole ma'amau ka lahilahi a ua piha ka honua i nā kino kino 'ole.

I kēia lā, nui nā keiki i hānau 'ia me ke kaumaha weliweli o ka waiwai 'ole a me nā pūnaeweale hana 'ole. Ha'aheo ko lākou mau mākuā no'ono'o ma'alahi i ka momona o kā lākou pēpē a me ka pu'upu'u o ko lākou mau helehelena. I kekahi manawa he nui ka nui o kēia plumpness e weliweli ai ka po'e i ho'omaopopo i kona 'ano maoli. Eia nō na'e, hō'ike ka po'e na'au'pō i kēlā mau mea 'ino ma kā lākou pū'olo o nā mea'ai pēpē he mau hō'ailona o ke olakino maika'i.

Ke ho'oikaika nui nei ke kino o ke kanaka e mālama i ka ho'onui nui 'ana o nā sela parasitic a me ka pono 'ole, ma ka pu'unaue 'ana iā lākou ma nā wahi āpau o ke kino: ma nā 'ao'ao o luna a lalo, a puni ka auwae, ma lalo o ka 'ili o ka 'ōpū. a me nā pūhaka, a me nā wahi 'ē a'e. Eia na'e, hiki i kekahi o ia mau pūnaeweale ke ho'oluliluli i kēlā mana, e ho'oka'awale iā lākou iho mai ke ola kaiaulu, e kū'oko'a, e ho'omaka i kahi ola pilikino a ho'onui me ka palena 'ole. I ka manawa pinepine, lanakila ke kino i ka mālama 'ana i nā pū'ulu o ia mau cell i ho'opuni 'ia ma kahi ho'okahi a pale iā lākou mai ka laha 'ana. Kapa 'ia ka ulu 'ana he "benign neoplasm" a i 'ole "benign tumor" a pono e ho'oka'awale 'ia mai kēlā ulu 'ana i lālā manuahi i nā 'āpana like 'ole o ke kino.

i mea e ulu ai ma luna o nā proteins (a 'oi aku ka nui o nā protein holoholona), a i 'ike 'ia he "neoplasm malignant" a i 'ole he ma'i kanesa.

Pono e ho'okūpa'a i ka 'oia'i'o 'a'ole 'o ka kuke 'ana 'o ia wale nō ke kumu e nalowale ai ka waiwai o nā mea'ai. 'O ka palaoa ke'oke'o a me ka laiki i ho'oma'ama'a 'ia he mau mea'ai 'ino ke 'ai 'ia. 'O ka mau'u malo'o 'a'ole ia he mea'ai maika'i loa, 'oia'i 'o ia ka mea hiki ke mālama i kahi mea ola. 'O ka mea'ai kūpono ke kumu o ka palaoa me ka pepeiao, inā e 'ai 'ia i ka 'ōma'oma'o i ke kauwela a malo'o i ka ho'oilo. No ka bipi a me ka hipa 'a'ole hiki ke mana'o 'ia ka mau'u ma'amau ma ke kuahiwi he 'ai maika'i loa. Ua hele kēlā mau holoholona i kā lākou ho'ololi 'ana ma ke 'ano manuahi, e hānai like ana i nā mau'u, nā lau, nā hua'ai a me nā mea kanu. 'O ia ke kumu e ulu ai nā ma'i ma'i i waena o nā holoholona i hō'ole 'ia, ma o ke komo 'ana o ke kanaka, nā mea'ai kūpono i nā koi o ko lākou mau sela. Akā na'e, 'a'ole i loa'a i nā kino o nā holoholona e 'ai ana i nā mau'u ma'amau e like me ke kanaka; 'a'ole ho'i he mau microbes o ka weliweli iā lākou e like me mākou, no ke kumu ma'alahi 'a'ohe o lākou lumi kuke. 'A'ole paha e hiki ke hā'awi i nā 'ano ki'eki'e i loa'a i nā cell cancer i loa'a i nā cell ma'amau a ho'iho'i iā lākou i ka poli o ke kaiāulu ma o ka 'ai 'ana i nā hua'ai, he 'ilihune maoli i nā protein, akā waiwai i nā huaora a me nā mea 'ē a'e o ka 'oi loa ka waiwai mea'ai, a laila 'a'ohe lā'au lapa'au ma ka honua e hiki ke hana i kēlā hana. 'O nā ho'ā'o 'ana a pau e ho'ōla i ka ma'i kanesa ma o nā lā'au lapa'au a me nā hana, he mea lapuwale loa ia a ua ho'opa'i 'ia i ka hā'ule 'ole. Akā, 'a'ole pono ke kanaka na'auao e loa'a i ka ma'i kanesa inā 'a'ole 'o ia e ho'onāukiuki i ka pono o kāna mau mea maka.

No laila, 'o nā ke'ena i hana 'ia mai ka moa a me ka laiki, ka sopa, ke ake i ho'omo'a 'ia, ka berena a me ka pata, ka meli, ka jam a me nā mea 'ono 'a'ole hiki ke hana i kekahi hana pono. 'O nā pūnaeweke ikaika, kūikawā a maika'i loa o ke kino kanaka i hānau wale'ia me nā hua'ai a me nā mea kanu; 'o ia ho'i, 'o kēlā mau protein e ho'okomo i loko o ke kino o ke kanaka he mau kaukani mea'ai mea'ai like 'ole i ko lākou 'ano kūlohelohe a ola, a 'o ka mea 'ai mea'ai e 'ai ai i kekahi manawa ma ke 'ano he 'ano "non-nutritive" nani. Pono nā kānaka a pau i kēia manawa

hiki iā ia ke ho'omaopopo i ka nui o ka hewa i hana 'ia e ka makua nāna i 'ōlelo i kāna keiki 'a'ole e ho'opau i kona 'ai i ka hua ma mua o ka 'aina ahiahi no ka mea pono e 'ai koke 'o ia. He mea like keia me ka olelo ana iaia aole e ai i na tausani o na mea ano maka e pono ai kona kino i ko lakou kulana maoli a ola, aka, e kali no na kupapau make a me ke ola ole o kekahi poe o lakou, ana e haawi aku ai iaia. koke ma ke ano o ka ai.

Hau'oli ka po'e 'ai kuke i ka mana'o he nui nā calorie nā mea'ai a lākou e 'ai ai. I kēia manawa, hiki ke ho'ohana wale 'ia nā calorie ke lawe 'ia ka pono piha. Ke li'ili'i ka helu o nā pūna'i muscular, a 'o nā mea nāwaliwali, ma'i a nele i ka elasticity, 'a'ole ho'ohana 'ia ka hapa nui o nā calorie a, ma hope o ka ho'opilikia 'ana i ke kino, waiho i ke kino i ke 'ano o ka makemake 'ole. wela, a lilo i mea ole. Ke ho'ā mākou i ke ahi ma ka lewa ākea, ua nalowale ka ikehu o kēlā ahi, akā ke puhi mākou i kēlā ahi i loko o ka moto o kahi hale hana, ho'okō pono ia i ke kumu. Ma o nā mea'ai mo'a, ho'okomo ka mea 'ai mea'ai i loko o kona kino i ka 'ai 'ana i nā calorie 'ekolu a 'ehā paha manawa ma mua o nā koi hana o kona kino. 'O nā calorie i loa'a mai nā mea'ai maka e ho'okō piha i ko lākou kumu, no ka mea, ua hui pū 'ia kēlā mau mea'ai me nā mea āpau e pono ai ka ho'ohana 'ana i kēlā mau calorie.

Pono ka hana a nā mea olaola a me nā kauka e paipai i ka po'e 'a'ole e ho'oka'awale i nā mea'ai mai kekahi i kekahi, akā e 'ai mau iā lākou i nā manawa a pau, i ko lākou 'ano kaulike kūlohelohe a me kā lākou mau mea ola. 'A'ole pono lākou e kama'ilio e pili ana i ka pono o kēlā me kēia mea'ai mea'ai, akā pono lākou e ho'oikaika i ko lākou pono pono'i; e like me kā mākou mana'o i ka ma'ema'e o ka petrol 'a'ole he mea pono wale no ka mokulele, akā he mea nui. 'A'ole pono lākou e kama'ilio e pili ana i nā pōmaika'i o kekahi mau huaora, akā pono lākou e kau i ke ko'iko'i i ka pō'ino o ka ho'onāukiuki i ko lākou kūpa'a a me ka luku 'ana iā lākou.

Ma ka 'ōlelo ma'amau, hiki ke hō'ulu'ulu 'ia ka 'epekema holo'oko'a o ka mea'ai i 'elua mau mana'o nui a lilo i mea hopohopo no nā kānaka āpau:

1. Pono ka mea'ai kanaka i loko o nā mea ola. Wale

'O kēlā mau mea'ai i loko o nā pūnaewe ole aia nā 'ano āpau e pono ai e ho'okō i nā koi o ke kino kanaka. 'A'ole he necrophagous ke kanaka. 'A'ole hiki iā ia ke 'ai i ka 'ai ma mua o ka hopu 'ana i ka nalo i ka lewa a moni ola iā ia, a i 'ole e haehae i ka mea pio e like me ka holoholona hihui a 'ai iā ia me kona 'ōpū a me nā iwi a pau.

2. Aia nā kino mea kanu ma'amau a koho 'ia ma ke 'ano.

'O nā kino mea kanu maika'i loa a me ka momona maika'i loa o nā 'ano hua'ai, nā lau 'ōma'oma'o, nā cereals a me nā a'a.

Ma ka 'ai 'ana i ka mea'ai mo'a, ho'opau ke kanaka i kona 'ai me 'ekolu o 'ehā mau 'ano mea i ho'oha'aha'a 'ia a ho'onele i kona kino i nā kaukani o nā mea pono 'ē a'e. 'O kahi hō'ailona ko'iko'i o kēia 'ōlelo 'ana 'o ia ka mea ma waena o nā kaukani kauka he pa'akikī ke loa'a i kahi i hō'ike 'ole 'ia ai kekahi mau huaora a i 'ole nā mea 'ē a'e, akā 'a'ole 'oe e hālāwai me kahi 'ōlelo kuhikuhi kahi i ha'i 'ia ai nā inoa o nā protein, nā momona a me nā ka'a.

I ka pōkole, hau'oli ke kanaka i ke olakino maika'i loa ke 'ai wale 'o ia i nā mea'ai vegan maka, ua ma'i 'o ia a hiki i kona 'ai 'ana i ka mea'ai mo'a a make 'o ia ke 'ai wale 'o ia ma ia 'ano mea'ai.

Pehea ka hanau ana o na mai

E lawe mākou i kahi 'ele'ele i haku 'ia he mau piliona mau cell. He nui nā 'ano o kēia mau pūnaewe ole, aia i kēlā me kēia me kāna hana a i 'ole ke kuleana e hana ai. No laila, aia nā pūnaewe ole muscular a me nā pūnaewe ole epithelial, a aia nā pūnana a'alolo a me nā pūnaewe ole no nā kumu 'ē a'e he nui. Akā 'o ka hana nui o nā pūnaewe ole o kēlā me kēia kelepa i hā'awi 'ia 'o ia ka huna 'ana o nā wai.

'O ka 'i'o o ke kanaka e 'ai i ka mea'ai mo'a, ua piha ko lākou mau sela, 'oi aku paha, akā he hapaha a hapalima wale nō o lākou i kūpono no kekahi hana pono, 'a'ole i lawa. Polokina

'O ia wale nō, 'o ka protein holoholona make i mana'o 'ia e ka po'e 'ike pōkole 'o ia ka mea kūkulu hale kūpono loa, hiki i ka hapa nui ke kāhea i ke ola 'ana i ke 'ano ma'alahi wale nō o ke 'ano 'ole, hiki 'ole a me ka pono 'ole o kahi 'ano 'ano mua. I loko o kā lākou ho'olālā, ua like kēia mau cell i kēlā mau mea ola mua o ke 'ano ha'aha'a loa i 'ike mua 'ia ma ka honua i nā pae mua loa o ka ho'omohala 'ana a i kūkulu 'ia me nā mea hale ma'amau: nā protein, nā momona a me nā ka'a.

I loko o nā miliona miliona o nā kenekulia e hiki mai ana, ua hana 'ia kēlā mau meaola unicellular primitive i kahi ka'ina evolutionary lō'ihi ma ke kōkua 'ana o nā mea'ai mea'ai o ke 'ano ki'eki'e loa, 'o ia ho'i nā huaora a me nā minela i 'ike a 'ike 'ole 'ia e mākou.

I loko o ia ho'ololi 'ana ua ho'omohala lākou a ua hānau i nā 'ano mea 'ano pa'akikī. Hiki iā mākou ke 'ike i ka hō'ulu'ulu pōkole o kēia ho'omohala mō'aukala o nā mea ola i loko o ka embryo o kahi holoholona, mai ka manawa o kona fertilization a hiki i kona ulu piha 'ana. Ho'ohana hou 'ia ke ka'ina hana like i ka wā o ka ho'omohala 'ana o nā cell kanaka pākahi.

I loko o ka 'ele'ele i hā'awi 'ia, loa'a i kēlā me kēia cell kūikawā nā mīkini kūikawā, hiki ke ho'onohonoho 'ia a hana 'ia e loa'a ai ka mana no ka hana ikaika ma o ka ho'olako 'ana i nā mea mea'ai kūikawā. I kēia manawa, hiki ke hā'awi 'ia nā mea maka e pono ai no nā hana huahua o ia mau mīkini e nā mea'ai maka wale nō. 'A'ole hiki i ka nalo ke hana i ka meli mai ka nectar o nā pua i kuke 'ia!

Ke hiki 'ole nā mea kūikawā kūikawā i ke kelepona i ka nui o ka nui, e lohi ana kona ho'omohala 'ana a i 'ole e pau. Hā'awi kēia i nā 'ano ma'i ma'i like 'ole, e like me ka momona, anaplastic, malignant a i 'ole ma'i kanesa, macrophages, megakaryocytes, polykaryocytes, a pēlā aku.

No laila, 'a'ole wale ka hapa nui o nā cell o ka gland i nīnau 'ia 'a'ole Loa'a i ka hana kūikawā (differentiation), akā 'o nā mea maka e pono ai no ka huna 'ana o ka wai 'a'ole i hiki i nā cell li'ilī'i e pa'a mau nei ka hiki ke hana ma muli o ka hiki 'ole i ka gland ke mālama i kona pae kūpono o ka hana. 'O ia ke 'ano o ka gland

pili i ka mai. 'O ka ho'omohala maika'i 'ole a me ka hana pono 'ole o nā cell e hiki mai ana i loko o nā 'āpana a me nā 'ōnaehana 'ē a'e, e hopena i ke 'ano o nā ma'i pili.

I kekahi manawa ua pō'ino kekahi 'ōpū a i 'ole kekahi okana i kēlā 'ano nui i mea hiki ole ke hoopauia. Ma mua o ka lawe 'ana i nā hana kūlohelohe e pale ai i ka luku 'ia 'ana o kēlā kino i ka wā mua, lawe nā kāne i ka pilikia nui loa e wehe iā ia a laila ha'aheo iā lākou iho i ka hana 'ana o ia hana mana. I ke kanaka vegan maka he mea maopopo loa 'a'ole hiki i nā lā'au lapa'au ke ho'ihō'i i ka cell degenerated i kona kūlana ma'amau a ho'ihō'i i kona hiki ke hana.

'A'ohe maka'u o ka mea 'ai maka i nā microbes, no ka mea ua pale 'ia 'o ia e kū'ē iā lākou ma nā mana kūlohelohe. 'A'ole hiki i nā microbes ke ho'opō'ino i nā pūnaewele i ho'omohala piha 'ia a kūikawā ('oko'a). Ho'olaha lākou i kā lākou pō'ino ma luna o nā ke'ena nāwaliwali a palupalu.

'O ka mea 'oia'i'o, 'o ka mea 'ai i mo'a 'ia kona ola 'ana i kēlā mau mea'ai maka āna i 'ai ai i kekahi manawa no ka le'ale'a wale nō, me ka no'ono'o 'ole i ko lākou mea nui. I kēia manawa, no ka mea hiki i ke kino o ke kanaka ke mālama i kona ola ma kahi mea'ai li'ilī'i li'ilī'i, ua lawa kēlā mau mea'ai maka li'ilī'i e mālama iā ia no kekahi manawa.

I kēia lā, 'o ka po'e loea mea'ai maika'i loa e no'ono'o i ka putrefaction a me ka contamination 'o ia wale nō nā hemahema o nā mea'ai. Mana'o lākou he mea'ai, maika'i a ma'amau kēlā mau mea'ai hou, ma'ema'e a "'ai maika'i." 'O ka nele o nā tausani o nā mea ko'iko'i i loko o ia mau mea 'a'ole ia he mea hopohopo iā lākou. Ke ho'omana'o 'ia lākou no ia mea, pane lākou e 'ai pū lākou i ka hua. He pane naaupō loa keia. 'O nā ma'i o ke kino o ke kanaka ke kumu o ka ho'oka'awale 'ana i nā mea mea'ai mai kekahi i kekahi a laila e 'ai pa'a iā lākou, me he mea lā, me ka 'ole o ka ho'olālā kūpono.

'A'ole pono e 'imi 'ia ka waiwai o nā mea'ai ma nā 'ano like 'ole o nā mea'ai i 'ai 'ia, akā i ke 'ano o nā mea i haku 'ia

kela mau mea ai. 'O ka mau'u ma'amaui, 'oi aku ka waiwai i ka nui o kāna mau mea'ai a me ka hō'ilī'ilī holo'oko'a o ka lehulehu o nā kī'aha i lawelawe 'ia i loko o nā 'aha'aina nani loa. 'O kēia ka 'ōlelo a ka 'epekema.

Nui nā 'aha kūkā lapa'au no ka pale 'ana i nā ma'i kahi, ma hope o ke kama'ilio 'ana no nā hola ma luna o nā kumuhana lua, 'ākoako nā 'elele po'okela o ka 'epekema lapa'au a puni nā papa'aina i ho'onani 'ia no kā lākou 'aina ahiahi. A laila, me ka nānā 'ole 'ana i nā mea'ai kumu a me ke kaulike piha, i ho'okumu 'ia i loko o ka hale hana kupanaha o ke 'ano no ka pale 'ana i nā ma'i a he mau tausani o nā mea ola, ho'opiha lākou iā lākou iho ma nā kī'aha me nā kupapa'u degenerated a make. 'Oi aku ka 'ino, 'o ka hapa nui o lākou, e pili ana i nā mea'ai kūlohelohe 'a'ole pono loa, ho'opau i kā lākou papahana o ka mea'ai me ka kofe a me ka paka. E kala mai nā kauka ia'u no kēia 'ano ko'iko'i, akā ma hope o ka no'ono'o li'ilī'i, pono lākou e 'ae mai ia'u 'a'ole kēia ka 'ōnaehana kūpono o ka mea'ai a 'o ka manawa nui kēia e no'ono'o pono ai lākou e hana i kahi ho'ololi kumu i nā lōina hewa o ka hānai 'ana.

I kekahi manawa ma kekahi mau 'āina 'o 'Asia, ua hānai 'ia ka po'e lawehala i ho'opa'i 'ia no ka make i ka 'ai 'ai 'i'o mo'a wale nō. Ua make ma'a lākou i loko o 28-30 mau lā, akā i ka pōloli piha hiki ke ola ke kanaka no nā lā he 70. 'O ia ho'i, 'a'ole 'o ka 'i'o i mo'a wale 'ia he mea'ai maika'i 'ole, akā, me nā mea 'awa'awa e ho'opuka ai, he mea make maoli nō ia e pepehi ai i ke kanaka i ka manawa pōkole.

Ua 'ike ma'amaui 'ia ka po'e e 'ai nui ana i ka laiki i poni 'ia i ka beriberi, ka mea e pepehi ai i ka mea ma'i ma hope o ka hana 'ana i ka 'eha nui. I kēia manawa paha ka hō'ailona nui loa o ka beriberi he polyneuritis, akā 'a'ole kēia wale nō ka hō'ailona o ka ma'i; 'o ia kekahi o nā hō'ailona he nui. 'A'ole ho'i 'o ka nele o ka huaora B1 wale nō ke kumu o kēia ma'i, e like me ka mea i mana'o 'ia. 'A'ole loa'a nā huaora i 'ike 'ia a 'ike 'ole 'ia i ka laiki poli. 'O ka berena ke'oke'o a, ma ka laulā, nā mea ho'omākaukau a pau

mai ka palaoa ke'oke'o, ua like nā 'ano like me ka laiki poni. Pēlā nō ia i ke kō a me nā momona i ho'oma'ama'a 'ia, 'o ia nā 'elele o ho'okahi wale nō a i 'ole kekahi o nā tausani o nā mea waiwai.

'O nā mea'ai ma luna a'e, 'o ia ka mea'ai nui o ka mea'ai mo'a, 'o ia nā kumu nui e make ai, 'o ia wale nō ka mea e pepehi ai i ke kanaka ma ke 'ano o ka ma'i 'a'ai, nā ma'i lele, ka rumatika, ka gout, sclerosis, diabetes, apoplexy, cancer a me nā mea he nui. nā ma'i 'ē a'e. I kekahi manawa pepehi lākou i ka makahiki ho'okahi wale nō, i kekahi manawa i ka makahiki 'elima, 10, 50 a i 'ole 70 mau makahiki, e pili ana i ka pili pili o nā 'āpana 'elua o nā mea'ai i 'ai 'ia (nā mea'ai i kuke 'ia a me nā mea'ai maka) a me ke 'ano o ka ho'oilina. ho'oili 'ia ke kūrē i ke kanaka.

Ma muli o ka hemahema o ka 'ai 'ana, i kēia mau lā he nui nā makuahine 'a'ohe waiu e hānai ai i kā lākou pēpē, a no laila hānai kekahi o lākou i kā lākou pēpē i ka waiū malo'o, keke, berena ke'oke'o a me ke ki. 'O ke 'ano ma'amaui, ho'omaka ke keiki e lilo a 'ele'ele. Ua piha na halema'i o na keiki a me na keiki makua ole o ke ao nei i ia mau ma'i.

Ua lawa ka hā'awi 'ana i ia mau keiki i 'elua pahu wai hua i kēlā me kēia lā i mea e loa'a hou ai ko lākou olakino i loko o 'elua pule. Akā, 'o nā mea'ai mea'ai, me ka nānā 'ole i ka pono o ka hua, e hana i nā 'ano ho'okolohua 'eha a pau i ke kino pau 'ole o ke keiki, a ma hope o ka huki 'ana i nā kulu hope o ke koko mai ia mea, ho'ā'o lākou e hānai iā ia me ka waiū malo'o, nā 'i'o 'i'o. , nā huaora artificial a me nā lā'au lapa'au like 'ole. 'O ia ho'i, me ka nānā 'ole 'ana i ke koena kūlike o nā mea'ai mea'ai i hā'awi 'ia e ke 'ano, ho'omaka lākou e hana i nā ho'okolohua ma ke kino 'ele'ele o kēlā keiki ma o kekahi mau mea i loa'a iā lākou kahi 'ike 'āpana i kā lākou mau hale hana. Inā 'a'ole e loa'a i kēlā keiki kekahi mea'ai maoli ma kekahi 'ano a i 'ole, e make 'i'o 'o ia a 'o ia mau make, 'oia'i'o, hiki i nā tausani. Akā, 'o ka mea 'oi aku ka weliweli, 'a'ole 'ae ka nui o nā mea'ai naive i nā keiki e 'ai i ka hua maka me ka mana'o 'a'ole hiki i ko lākou 'ōpū nāwaliwali ke 'eli a i 'ole, waiho lākou i ka nīnau o ka hua i ka mana'o o ka na'au. na makua keiki, e pili ana

‘o ia he mea ho‘onani pono ‘ole o ke ko‘iko‘i li‘ili‘i. E ‘ike i ka ‘oia‘i‘o ma nā halemā he nui e loa‘a ai iā ‘oe ka ‘i‘o, nā kuki, ka waiū malo‘o, ke kō, ke kī, ka margarine, ka raiki, ka berena ke‘oke‘o, nā huaora a me nā lā‘au lapa‘au e like me kou makemake, akā ‘a‘ole ‘oe e ‘ike i kahi mea ho‘okahi no ke kaomi ‘ana i nā hua. wai, a ‘a‘ole koi ‘ia ke kū‘ai ‘ana i nā hua. Lawe ‘ia nā kupapa‘u o nā keiki i waho o ia mau halemā, akā ‘a‘ohe mea makemake e pa‘a i ka ‘ōnaehana kūlohelohe o ka mea‘ai i kuleana no kēlā mau make.

Ke noi aku nei au i nā mana‘o aloha kanaka o nā kauka a pau. E noonoo nui lakou i keia mea. Nīnau au i nā kumu a‘o kulanui a me nā kino kuleana a me nā ‘oihana olakino o kēlā me kēia ‘āina o ka honua inā lākou e hopohopo nei i ke olakino a me ka maika‘i o ko lākou po‘e a ‘a‘ole paha. Inā lākou, pono lākou e ho‘omaka e hana me ka kali ‘ole. ‘O ka‘u mau ‘ōlelo, ‘a‘ole ia he kuhiakau wale nō, akā he mau ‘oia‘i‘o hiki ‘ole ke hō‘ike aku i ka mea heluhelu, ‘a‘ole ma muli o ka ho‘okolohua ‘ana i nā pua‘a guinea, akā ma ke ‘ano ola o ko‘u ‘ohana a me a‘u iho.

‘O ke ala maika‘i loa e pale ai a ho‘ōla i nā ma‘i a i ka manawa like e ho‘onui ai i ke kūlana o ka nohona, ‘o ia ka waiho ‘ana o kēlā me kēia ‘oihana olakino i kahi kālā ha‘aha‘a no ka ho‘okumu ‘ana i nā ke‘ena ‘ike, me ka mana‘o maopopo e ho‘olaha i ka lehulehu. ka pō‘ino i hana ‘ia e ka kuke ‘ana, a me nā mea‘ai i nele i nā huaora, ‘o ia ho‘i ka berena ke‘oke‘o, ka laiki, ka ‘i‘o, nā momona i ho‘oma‘ema‘e ‘ia, ke kō, ke kī, kofe, nā mea inu ‘ona a me nā mea inu ‘ole. A laila pono lākou e ho‘ohuli i ka po‘e e ho‘emi i ka ‘ai ‘ana i ka mea‘ai i kuke ‘ia a hiki i ka hiki ke ho‘okomo i nā loli mālīe i kā lākou mau mea‘ai.

No ka mea, ‘a‘ole na‘auao nā kāne a pau, ‘a‘ole hiki ke ho‘olilo i nā mea a pau i mea ‘ai maka i ka manawa like, akā he mea pono e ho‘oma‘ama‘a nā kānaka i nā mea pono o ko lākou kino mai ko lākou wā kamali‘i, e ho‘oku‘u iā lākou iho. mana‘o hewa hewa a me ka pō‘ino, a pono e ho‘omaopopo ‘a‘ole ‘o ka moa moa, raiki, cutlets, hua manu a me ka pipi e hā‘awi iā lākou a me kā lākou mau keiki i ke olakino a me ka ikaika, akā ‘o ka hua palaoa, kāloti, nā tōmato, nā nati, nā hua waina a me nā mea ‘ē a‘e. ma ke ‘ano he la‘ana, ma muli o ka ‘ai ‘ana i ka ‘i‘o a me nā mea‘ai mo‘a ‘ē a‘e no 52 mau makahiki, ua pau ko‘u ikaika a hiki

mai pi'i i 'elua mau 'anu'u me ka 'ole o ka hanu; aka, i keia la, mahope
iho o ko'u haalele ana i ka ai moa no na makahiki ewalu, hiki ia'u ke holo i
mauna me ka oluolu loa.

'A'ole maopopo ia'u he aha nā kumu 'epekema i kēia mau lā ma nā
hale o nā keiki he nui a me nā hale hānai lā, waiho lākou i nā pahu kuki ma ka
lima o nā keiki, e kōkua iā lākou iho i nā manawa a lākou e makemake ai.
Pono e pani 'ia nā pahu o kēlā mau mea 'ino i nā hīna'i o nā hua hou, nā kālōti,
nā kukama a me nā tōmato i ke kauwela, a me nā hua malo'o i ka ho'oilo,
kahi e 'ae 'ia ai nā keiki e 'ai manuahi a e like me kā lākou makemake i nā hola
a pau. o ka la. A laila e 'ike nā kākā a pau pehea, e nā kākāwai maoli, e
ho'omaka koke nā keiki e 'ai i nā hua'ai ma mua o ka mea'ai degenerated,
no laila e hō'ōia'i'o i ko lākou olakino pono'i ma ko lākou mau lima pono'i.

Pono e ho'ohana 'ia ka 'ōnaehana 'ai maka i nā halemai no nā 'ano āpau
o na ma'i a me ka lehulehu e hoike ia na hopena i loa. Hiki ke hana 'ia nā ho'oponopono maika'i loa ma nā hale 'aina lehulehu.
Me ka ho'onele 'ole 'ana i nā mea 'ai i nā "'olu'olu" o nā mea'ai i ho'omo'a
'ia, he mea make e like me lākou, no ka manawa, hiki ke ho'emi i kā lākou
nui ma ka li'i li'i loa he 50 pakeneka a ho'ololi i ka nalowale e nā salakeke hou a
me nā compotes maka, a ma ka lehulehu o na hua o ke kau. Ma keia ano,
aole wale no e lilo ana na mea ai i na ano like ole a me ka oluolu, aka, e
hooikaika ia ai ke ola kino o na kanaka, a e hoopakeleia mai ana ka
waiwai o ka lehulehu.

Ke 'ike ka lehulehu i nā pō'ino i hana 'ia e nā mea'ai mo'a, e ho'ā'o
lākou e pale aku. E loa no hoi, he heluna nui o na kanaka noonoo, ka poe
e lumo ana i ka leo o ko lakou addiction, e hahai i ko makou hoohalike a ma
ka hana ana i ka ai maka piha e hooiaio ai i ke ola maikai o lakou a me ko lakou
mau ohana. 'O ka po'e i nele i ka mana'olana no ka ho'ōla hou 'ana a i 'ole ka
po'e i ho'omāinoio 'ia e ke kino kūlohelohe, e 'ike lākou, ma ka mālama
pono 'ana i ka 'ai maka, i loko o nā mahina wale nō e hiki ke loa'a iā lākou
ke olakino a lākou i moe'uhane mau ai.

Ho'opuka nā kānaka i nā puke he nui e hō'ike i ka therapeutic nā waiwai o nā hua'ai a me nā mea kanu 'oko'a, e like me nā hua waina, nā lā, nā 'āpala, nā 'āpana, nā aniani a i 'ole radishes, a ma ka ho'omohala 'ana i nā ala kūikawā o ka 'ai 'ana iā lākou, ho'ā'o lākou e ho'olilo i kēlā mau hana me ke 'ano o nā ka'ina 'epekema. 'O ka 'oia'i'o, 'o nā 'ano mea kanu maka a pau nā mea'ai kūpono a loa'a nā 'ano like. 'A'ohe mea mai ka ma'i i loa'a i ke kanaka, ho'okō lākou i nā koi o ke kino, ho'oponopono lākou i nā hana o nā kino, ho'iho'i lākou i ke olakino o ka mea ma'i. Pono e waiho 'ia nā 'ike e pili ana i ia mau 'oia'i'o i ka lehulehu me ka uku 'ole 'ia, no ka mea, he mea 'ino ke loa'a kālā no ia 'ōlelo a'o.

'O nā mea'ai mea'ai o ka mea 'ai i kuke 'ia ua piha i nā kū'ē make. I nā manawa he nui, ua 'ōlelo 'ia nā mea'ai 'ino he mea pono, 'oia nā mea ko'iko'i i hō'ike 'ia he mea 'ino a pāpā loa 'ia. No ka mea, pili ka 'ike o ka po'e 'ai kuke i ka hopena koke, 'ike a kū'ē i nā mea 'ai a me nā helu kuhi hewa i hana 'ia i loko o ka hale hana. He mau miliona kānaka hala 'ole i make ma muli o kēlā mau helu kū'ē a me ka hewa.

'O ke alaka'i hilina'i loa 'o ia ka 'ike kumu a maika'i loa o ka mea 'ai maka, 'o ia ka hopena o nā hewa a pau, nā kū'ē a me nā kuhi hewa 'ole i loa'a i ka 'epekema lapa'au, ma ke 'ano nui, a me nā mea'ai mea'ai, e lawe 'ia i ka mālamalama a ho'oponopono 'ia i ho'okahi manawa. no nā mea a pau. Pono e ho'onui i nā hi'ohi'ona o kēlā 'ike i kahi mamao a ākea a ho'oma'ama'a i nā kānaka āpau i nā hopena i loa'a.

'O ka hewa loa o ka ho'ohana 'ana i kahi pēpē hānau hou i
nā mea kuke

Ke 'ike 'ia e nā mea a pau he 'ano ma'amaui 'ole ka 'ai mo'a, 'o ia ke kumu o nā ma'i a pau o ke kanaka a he mea ho'ohui weliweli loa ia i ka wā e hā'ule ai ke kanaka i kāna 'ano mihi 'ole, 'a'ole hiki ke ho'oku'u 'ia ka mea i pepehi 'ia. ia ia iho mai kona mau lima hou. He aha ke kuleana o ke kanaka no'ono'o e ho'okomo i loko o ke kino o kahi

keiki hana hewa ole ma kona mau lima pono? He aha kona kuleana e ho'opau ai i nā 'ōpū o kāna pēpē līlīlī e nā mea'ai i puhi 'ia, luku 'ia, pepehi 'ia i ke ahi? 'A'ole anei 'o ia ka mea 'ino loa o nā hewa a pau, 'a'ole anei ia he pepehi kanaka, he filicide ho'omāinoino? 'O wau iho nō i pepehi i ka'u mau keiki aloha 'elua ma ko'u mau lima pono ma ia 'ano a ua maopopo ia'u i ka nui o ka hewa.

'O ka 'oia'io, 'o nā mākuā mea'ai āpau he filicids. I kēia manawa kenekulia 'a'ohe mea e make i ka make maoli. 'O nā make a pau, 'o ia ka hopena o nā ma'i i mo'a 'ia, a 'o ka po'e nāna e a'o i nā keiki e 'ai i ka mea'ai mo'a, 'o ia ko lākou mau mākuā. Pono nā mākuā 'ai i kuke 'ia e ho'omaopopo pono 'o ke kuleana o kēlā me kēia ma'i a me nā ma'i o kā lākou mau keiki e kau pololei ana ma luna o ko lākou po'ohiwi pono. Pono lākou e no'ono'o pono i kēia mea ma mua o ka ho'omau 'ana i kā lākou hana kuhihewa ma'amau. Ho'okumu 'ia ke kumu o kēlā me kēia ma'i ma'i a i 'ole ka pu'uwai pu'uwai me ka 'āpana mua o ka mea'ai mo'a i hā'awi 'ia i ka pēpē, 'oia ke 'ike 'ia ka ma'i i kona wā 'elemakule.

Hiki ke ho'opa'apa'a 'ia he pa'akikī i ka po'e makua ke ho'onele loa i ka mea'ai mo'a. A laila, e ho'omau lākou i kā lākou mau hana 'ino i ko lākou na'au. Akā, he aha ka mea e koi ai iā lākou e puhi i nā mea waiwai nui o kahi keiki pēpē, e luku, e ho'onele iā lākou i kā lākou mau mea pono loa, e ho'ohuli iā lākou i mea 'ino a hā'awi iā lākou i ka pēpē? 'O kēia 'ano hana 'ino i nā keiki hala 'ole, kēia barbarism, pono e pau.

'A'ohe kāmāwai o ka 'epekeka e pale aku i ka makua mai ka hā'awi 'ana i kāna keiki i ka palaoa wīwī ma mua o ka berena ke'oke'o, ka laiki poni a me ka macaroni; nā wai hou o nā kālōti, nā 'alani, nā hua waina a me nā 'āpala ma kahi o ka waiū malo'o; hua maka ma kahi o ka compote; nā wōnati, nā 'alemona, nā pi a me nā pi ma kahi o ka 'io a me nā momona. Ma ka 'ai 'ana i ka mea'ai maka e hau'oli ke keiki i ke ola olakino, hau'oli, lō'ihi, 'oia 'o ka 'ai 'oko'a e alaka'i iā ia i ka ma'i a me ka make hikiwawe. Hiki iā 'oe ke ho'omaha i ka makemake o ke keiki i ka 'ai maka me kona 'uhane a pau. Ke koi nei 'o ia e loa'a iā ia kāna mau mea maka i ko lākou kūlana pa'a a he kuleana ko'iko'i kona iā lākou.

Pono ke kauka a i 'ole ka makua nele i ka no'ono'o a me ka no'ono'o pono 'ole, me ke kānalua 'ole.

I ka makahiki 'ekolu a 'ehā mahina e ho'omaka ai ke kino o kahi pēpē no ka hana pono ole, ua kuhikuhi ke kauka makapo pokole i elua a ekolu ano mau huaora hana ma kahi o na kaukani mea i puhia i ke ahi, a i ole ia, i ka hapanui o kona manao, ma ke ano he laau lapaau, he mau puna hua kakaikahi i anaia. wai, no laila e ho'omaha ai i kona lunamana'o pono'i a me nā mākuā o ka pēpē. No ke aha e pilikia ai ke keiki i ka nele o ka huaora, inā 'a'ole i luku kona makuahine i nā huaora i loko o nā mea'ai maoli?

E pani kākou i ko kākou mau maka no kekahi manawa a e ki'i iā kākou iho i ka hana mana a ke 'ano. Ke ho'okomo koke mākou i ho'okahi hua palaoa i loko o ka hale hana kino kanaka ma o ka waha, lawe ke kino i kēlā palaoa, wāwahi a pu'unaue i ke kino. 'O nā kaukani o nā mea like 'ole i ho'opa'a 'ia i loko o kēlā 'ano hua'ai e ne'e i nā 'ao'ao āpau a hele kēlā me kēia mea e hana i kāna hana pono'i. No laila, 'o nā 'ano mea'ai like 'ole i loko o kahi huapalaoa e hana i nā 'umi kaukani o nā hana like 'ole a mālama i nā hana olaola o ke kino me ka 'ole o ka hewa a i 'ole ke kīnā.

Akā he aha ka hopena ke ho'okomo mākou i kahi 'āpana o ka 'ōpū berena ke'oke'o? Ho'onohonoho pono 'ole ia i ka 'ōpū e hana; ua puhi 'ia a lilo i wela 'ole, a i 'ole, 'oi aku ka maika'i, e ho'ohui i kekahi mau pōhaku lepo 'ole a i 'ole nā pohaku ma luna o kekahi mau keena palaualelo a waiwai 'ole. 'O ka na'au o ke kanaka e 'ai ana i ka palaoa ma'ema'e, ua pa'a a ikaika e like me ka palaoa, a 'o ka pu'uwai o ke kanaka e 'ai i ka berena ke'oke'o, ua nāwaliwali a palupalu e like me ka berena āna e 'ai ai. I kēia, e hō'ike i ka pī'i 'ana o ka nui o nā hemahema o ka na'au.

Inā paha ma kekahi hana mana ka honua holo'oko'a i kēia lā a e apono ana i ka ai maka, koe nae kekahi mau ma'i i oi loa aku ka holomua o ko lakou mau ma'i, aohe make hikiwawe iloko o na makahiki ekolu a eha paha, a hiki i ka poe elemakule.

hiki i nā kānaka ke 'elemakule loa. Me he mea lā, 'oi aku ka nui o nā make ma muli o ka 'ai 'ana i ka moa.

Ma ka inoa o kēlā me kēia keiki kōkua, ke noi hou nei au i nā 'epekema āpau, na kanaka naauao, na alakai o na aupuni, na oihana o ke ola kino, na makua a me na kanaka naau lokomaikai a puni ka honua e hoopau koke i kela hewa weliweli i na keiki lili. 'O ka lohi o kēlā me kēia lā ke kumu o nā tausani o nā ola hala 'ole. Ua noa ka poe makua e haawi i ko lakou ola no na lealea make o na mea ai i moa a pela e pepehi ai ia lakou iho, aka, nawai i haawi ia lakou i ke kuleana e pepehi i ka lakou mau keiki ilihune, oi loa aku hoi ia mau mea ai, mamao loa mai ka haawi ana aku ia lakou i ka lealea, e hoopiha wale aku. na keiki me ka hoowahawaha? He mea lapuwale ke ho'opa'apa'a 'ana i ka wā e nui ai ke keiki e 'ike 'o ia i ka 'ai 'ana i kekahi a laila mana'o 'o ia iho i ka makemake e 'ai. 'O ka mea mua, 'a'ole hiki i ka barbarism e like me ka 'ai mo'a ke lō'ihī a hiki iā mākou ke kakali i mua i ka lanakila mua o ka 'ai maka. A laila aia nā miliona o ka po'e e 'ike nei i ka inu 'ona a i 'ole ka ho'ohui 'ana i ka lā'au lapa'au o nā po'e 'ē a'e, akā mālama pono iā lākou iho mai ia mau hewa. He 6 makahiki ka'u keiki

(E pili ana kēia i ka makahiki 1963, i ka wā i kākau 'ia ai kēia māhele o ka puke) a 'o ia

hiki ke ho'omaopopo i nā mea a pau; 'Ike 'o ia i ka 'ai moa i 'ai 'ia e nā po'e 'ē a'e, akā ua ho'owahāwahā 'o ia me kona 'uhane a pau. 'O wai ka mea ho'opu'u opiuma e a'o i kāna keiki pēpē e loa'a i ka lā'au ma'amaui mai ka moena? 'O wai ka mana'o ma'amaui e ho'oikaika i ke kanaka e mōhai aku i kāna keiki pono'i a ho'olilo iā ia i hoa mua no kāna mau hana 'ino i mea e 'ae ai a ho'omau i kāna mau mea ho'ohui? E hanai mua na makua i ke keiki maikai e like me ke kanawai o ke kino, a mahope o kona nui ana, e waiho lakou i kana hana e hiki mai ana ma kona makemake iho, e like me ka lakou hana ana i na hana ino a pau.

Ma hope o ka heluhelu 'ana i kēia mau laina 'a'ole hiki i kahi makua no'ono'o ke 'ike i ka hō'oi'a 'ana i ka hā'awi 'ana o nā mana 'ē a'e i nā 'ōlelo a'o like 'ole. Inā ho'omau 'o ia i ka ha'alele 'ana i ka leo o ka 'oia'i'o, pono 'o ia e lawe ma luna o kona po'ohiwi i ke kuleana no ka ho'opō'ino 'ana i ke olakino o kāna keiki a ho'oha'aha'a i kona wā e hiki mai ana. Pono 'ole ke kanaka i ka ho'oholo ha'aha'a loa e ho'ololi i nā mea 10,000 me nā mea 'ole, nā cell ola e nā mea make, nā mea waiwai i kaulike 'ia e nā mea degenerated, kūlohelohe.

nā mea'ai e nā mea'ai kūlohelohe, 'o ka palaoa i ho'oulu 'ia e ka berena ke'oke'o, ka pī'ōma'oma'o ma ka 'i'o, a me nā hua hou ma ka jam.

Pono e hō'ōia 'ia nā mea ola kino Gastrolatrous i ka Nature Ua kuhi hewa 'ole i ka hā'awi 'ole 'ana iā mākou i nā mea'ai ma kahi Mokuaina Kuke

Ke noi nui nei au i nā 'epekema āpau e hō'ōia i ko'u mau mana'o a e ha'i aku iā lākou i ka honua holo'oko'a, a i 'ole e hō'ōia i ka wā e ho'okomo 'ia ai nā mea'ai kūlohelohe i ke ahi, 'a'ohe poho i loko o kā lākou mau mea'ai a i 'ole ka ikehu; 'a'ohe make o nā mea kanu ola a 'a'ohe ho'ololi i ke kumukānāwai o nā 'ātoma. Pono lākou e hō'ōia hou i ka hana 'ana i nā mea'ai no ke kino o ke kanaka, ua hana hewa ke kanaka makua i ka hā'awi 'ole 'ana mai iā mākou me nā mea'ai i loko o kahi 'ano "ho'oma'ema'e", kuke 'ia a puhi 'ia paha nā hana i hana 'ia ma nā hale hana a me nā lumi kuke. he mau hana 'epekema e ho'oponopono i nā hewa o ke 'ano a 'oi aku ka nui o nā waiwai waiwai o nā huaora i hana 'ia e ke kanaka ma mua o nā huaora i loa'a ma ke 'ano. Inā 'a'ole ia, pono lākou e 'ae i nā hewa pō'ino i hana 'ia a hiki i kēia manawa, a me ka ho'opau 'ana i nā mea'ai i kuke 'ia i ho'okahi manawa no nā mea a pau, pono lākou e hilina'i i ka na'auao o ke ao holo'oko'a a ho'ōki i ka ho'opili 'ana i ka haku 'ana o nā mea'ai kūlohelohe i hana 'ia e ke 'ano o ka Honua. E 'ai ka po'e i mana'o iā lākou iho he po'e 'ai 'ai i kā lākou 'i'o, inā hiki iā lākou, hou a piha, e like me ka hana 'ana o nā holoholona 'ai, me ka pepehi 'ole 'ana i kona mau sela a me ka ho'oha'aha'a 'ana iā ia ma kekahi 'ano.

'A'ohe o mākou kuleana e ho'onāukiuki i ka pono o nā mea maka i hana 'ia e ke 'ano no ke kino o ke kanaka ke hiki 'ole iā mākou ke hana i nā mea 'epekema li'iili'i loa; inā, me ke kōkua 'ana o nā mea 'ai a pau i 'ike 'ia e mākou, 'a'ole hiki iā mākou ke hānai i ke kino me ke 'ano hana a mālama i ke ola no ka lō'ihi; a i ka hiki ole ia makou ke ike i ka hapa tausani o na mea i loko o ka hua kulina. He 'ōia'i'o ua nui nā noi'i i hana 'ia a ua nui ka holomua i ka 'ike 'ana i nā 'ano mea'ai like 'ole a ma muli o ka nui o nā mea'ai ko'iko'i.

ua 'ike 'ia nā mea i 'ike 'ia, akā 'a'ole hiki ke 'oi aku ke ko'iko'i o ia mau mea i 'ike 'ia ma mua o ka mea i hana 'ia e nā satellite artificial. 'O ka 'oko'a ma waena o nā huaora artificial a me nā mea 'ai mea'ai i haku 'ia i ka palaoa 'o ia ke 'ano like me ka 'oko'a ma waena o nā satellite artificial i hana 'ia e ke kanaka a me nā kino lani i ho'okumu i kā mākou 'ōnaehana galactic holo'oko'a. 'A'ole na'e i mana'o ka po'e 'eppekema i hana i nā satellite artificial e ho'opau i nā galaxia e kū nei a ho'ololi iā lākou e nā kino interstellar i hana hou 'ia e lākou.

'O kā mākou hana maika'i loa, 'o ia ke a'o pono i nā kānāwai kūlohelohe ka ulu 'ana o nā meaola holoholona a me nā mea kanu. Akā, 'a'ohe kumu, pono mākou e wehe i ka hana o ke 'ano a laila e ho'ā'o e kūkulu hou iā ia ma ke kōkua 'ana o nā 'āpana 'awa'awa a me nā huaora artificial.

Ke kau mākou i kahi 'āpana 'uala a i 'ole ka momona i loko o ka pata a ho'omaka mākou e palai, ho'omaka mākou i ke ka'ina hana o kona luku 'ana mai ka manawa mua. Ho'omaka koke 'o ia e 'ā, 'ele'ele, 'ele'ele a malo'o, a inā mākou e ho'omau i ka hana 'ana i kahi manawa lō'ihī, e 'ā a lilo i lehu. 'O kēlā 'ala 'ono e honi ana i ko mākou mau puka ihu, 'o ia ke 'ala o nā mea waiwai nui o nā mea'ai maoli, e 'aka'aka ana i ko mākou na'au a nalowale i ka lewa.

'A'ole pono e ho'ohana 'ia nā hua'ōlelo "kuke" a me "baking" ma ke 'ano o ho'omākaukau, kūkulu a ho'omaika'i, e like me ka mea i ho'ohana 'ia a hiki i kēia manawa; Pono e ho'ohana 'ia lākou, akā, e hō'ike i ke 'ano o ka luku, luku, puhi, pepehi a luku paha, no ka mea ma ia mau hana mākou e ho'opau ai i nā mea waiwai nui i ko'iko'i nui i ko mākou kino a pēlā mākou e hana ai i ka hewa nui loa i ke kanaka. .

Ho'opailua ke Bepe i ka 'ono o nā mea'ai i mo'a, 'o ia
E 'ike 'ia i ka mea'ai wale nō, e like me
'Olu'olu ka 'Opiuma i ka mea ho'ohui i ka lā'au

Mana'o paha ka po'e mana'o ma'alahi he mea 'ino ke ho'onele
nā keiki o ka le'ale'a i loa'a mai ka 'ono o nā mea'ai mo'a. Penei

e ho'omaopopo ka po'e i ka 'oia'i'o, 'a'ole 'ono iki nā mea'ai i kuke 'ia; 'Ono wale lākou i ka mea 'ai, e like me ka 'olu'olu i ka mea 'ai lā'au. A hiki i kēia manawa 'a'ohe mea nāna e ha'i mai iā mākou i kēia 'oia'i'o ma'alahi, no ka mea, mai ka wā kahiko 'a'ohe kanaka i ho'oku'u 'ia i ka mea'ai.

Ho'ololi 'ia nā kino o kahi keiki hānau hou i ka haku 'ana o nā mea'ai maka wale nō. Le'ale'a nui ke pēpē i nā hua'ai maka a me nā mea kanu.

'Ai 'o ia me ka 'olu'olu loa, 'o ka 'ai maka, ka 'uala, ka pī, ka aubergine, nā pī 'ōma'oma'o a me nā lentils, he mea 'ono loa iā ia, akā he mea 'ino i ka mea 'ai mo'a.

'A'ole loa'a i ke keiki li'ilii' kekahi mea le'ale'a mai ka 'ono 'ana i nā mea'ai mo'a; Ua hoowahawaha oia ia mau mea me kona uhane a pau, a me ka eha nui o kona moni ana i kela mau mea ai maoli ole. Akā, 'a'ole maopopo ka makua 'ilihune a ma'alahi i kēia. Ua alaka'i wale 'ia 'o ia e kāna 'ona pono'i a, i kona hopohopo e hānai maika'i i ke keiki, ho'omau 'o ia i ka ho'oikaika 'ana i kēlā mau mea'ai 'ino i lalo o kona 'ā'i a hiki i kona ho'ololi 'ana i ke keiki i mea ho'ohui maika'i loa, pēlā e hō'ino ai i kona olakino a hau'oli.

I loko o nā makahiki mua o kona ola 'ana, lawe ka pēpē i kahi mea weliweli hakakā me nā mea'ai kūlohelohe. 'Ike 'ia kēia ma muli o ka nui o nā ma'i o nā keiki a me nā ma'i 'ōpū pinepine i loa'a i nā keiki, a me ke ki'eki'e o ka make 'ana o nā kamali'i. 'O kahi pēpē kahi hale hana hou i kūkulu 'ia. 'A'ole loa 'o ia e ma'i inā hā'awi mākou i nā mea'ai kūlohelohe no nā hana mea'ai ma'amau o kāna mau kino.

'O ka ho'ohana 'ana i ka raw-veganism wale nō ke ala e ho'oku'u ai i nā mea āpau kanaka mai ka poino o na ma'i hookahi no. Pono e ho'omaka ka ho'olaha 'ana o ka 'ai maka me ka po'e ma'i, nā keiki hānau hou, nā po'e i hā'awi 'ia me ka makemake a me ka na'auao kūpono, a me nā mākuā no'ono'o o nā keiki 'ai maka, ka mea e koi 'ia e ha'alele i ko lākou mau home i nā 'ano mea 'ai a pau. aole e hoowalewale i ka lakou mau keiki. 'O kēia manawa mua o ka ha'alele 'ole 'ana i ka mea'ai i kuke 'ia a hiki i ka lā e hiki mai ai nā mana

ko lakou manao, a e hooholo lakou e hai aku i ka ai maka, pela e hooko aku ai i ka manao akahēle o ke ano maluna o ka lehulehu naaupo, aole i aoia. E hiki mai ana ka manawa e lanakila ai ka 'ai maka ma ka honua holo'oko'a. I kēlā mau lā pōmaika'i, 'ike 'ia ka kuke 'ana he hewa.

'O ka pa'akikī i mana'o 'ia 'o ka ho'opau koke 'ana i ka 'ai moa 'a'ole pono e lilo i kumu no ka hō'ole 'ana i ka pō'ino i hana 'ia e ia.

'A'ohe mea e ho'ā'o e hō'oiā i ka 'aihue, ka pōā a me ka pepehi kanaka, 'oiā 'a'ole hiki ke ho'opau i kēia mau ma'i 'ino mai ka hui kanaka.

'O ka mana'o ko'iko'i no ka 'ike 'ana o nā 'epekema ma ke kumu a me ka ha'i 'ana i ka lehulehu he hewa ka hana o ka kuke 'ana i nā mea'ai, 'a'ole kūlohelohe a weliweli, a 'o ia ke kumu pololei o nā ma'i. Hiki ke waiho 'ia ka nīnau lua o ka ho'oma'ama'a maoli 'ana i ka 'ai maka i ka papa o nā hanana.

'O ka 'ai 'ana i ho'omo'a 'ia i hānau 'ia ai ka ho'ohui 'ana i ka mea'ai, nā ma'i, ka 'epekema lapa'au a me ka lā'au lapa'au. 'O ke kumu nui o ka 'epekema lapa'au 'o ia ka ho'oponopono a ho'oponopono hou 'ana i nā kino degenerated a me ka 'ōpala o ke kanaka. Ma kahi o ka 'epekema lapa'au, loa'a i ka mea 'ai maka kona 'epekema a olakino paha, 'o ka pahuhopu o ka pale 'ana i nā degeneration i 'ōlelo 'ia ma luna a me ka mālama 'ana i ke ola olakino, hau'oli, lō'ihi a maluhia no nā hanauna o kēia manawa a me ka wā e hiki mai ana. 'O nā ma'i a pau ke kumu o ka uhaki 'ana i nā kāmāwai o ke 'ano. 'O ka 'ai maka ke koi aku i ka po'e e mahalo i kēlā mau kāmāwai.

'O ka hana o ka 'ai maka i loko o ko'u 'ohana

'O ka 'oiā'io i ka makahiki 60 hiki ia'u ke kākau i kēia mau laina ma muli o 'ai maka. 'Ehiku a 'ewalu paha makahiki i hala aku nei, ua pilikia ko'u pu'uwai a 'a'ole hiki ke 'alo 'ia ka pu'uwai. Ua ma'a au i ka pi'i 'ana i ka hanu i kekahi mau 'anu'u; 'A'ole lawa ko'u ikaika e hāpai i kahi bākeke wai. 'O ka constipation, indigestion, heartburn, insomnia, headache, piles, gout, sclerosis, high blood-pressure, tachycardia, bronchitis chronic, hemorrhoids a me ke anu pinepine 'o ia nā hoa o ko'u ola no ka manawa lō'ihi i hala. Mahalo i ka 'ai maka ua ho'opau wau i kēlā mau ma'i āpau. Ua ho'oha'aha'a mau au i ko'u koko mai ka 18-20 a i ka 13, a 'o ka'u pu'upu'u mai 80-90 a i 58-60. Me ka 'ole o ka luhi,

Hiki ia'u ke hele i Tajrish a ho'i (kahi mamao o 24 mau kilomita) i 'ehā mau hola, pi'i i nā mauna e like me ke kao, hāpai i nā 'eke kaumaha ma luna o ke alapi'i a i ko'u manawa e hele wāwae ai au i 12 mau kilomita ma ke 'ano he hana ma'amau i kēlā me kēia lā. 'O wau, ka mea i loa'a i ka ma'i ma'i bronchitis i kekahi manawa a ua waiho 'ia me ka ma'i influenza i nā manawa he nui i ka makahiki ma ke 'ano he 'oia'i'o, 'a'ole wau i loa'a i ke anu ma'amau i nā makahiki i hala iho nei a ua hiamoe wau ma ka lewa ākea a puni ka makahiki. i ka ho'oilo a i ke kauwela, me ka maka'u 'ole i ke anu a i 'ole nā microbes.

I nā makahiki i hala aku nei, ua loa'a ia'u kahi ma'i gout i hiki 'ole ia'u ke ho'opā nā ami o ku'u manamana wāwae nui; i kēia lā hiki ia'u ke wili iā lākou me ko'u ikaika a pau me ka 'ole o ka 'eha. Ma hea o ka honua i loa'a ai nā hopena like me ka atophan, ACTH, digitalis, bromides, iodine, aspirin, antibiotic a me nā kaukani lā'au 'ē a'e?

'O ka pu'uwai e hana ana ma ka wikiwiki o 58 mau pahu i ho'okahi minuke hiki ke mana'o wiwo 'ole e ho'omau i ka hana no nā makahiki he nui me ka 'ole o ka pilikia o ka hahau 'ana. Ma lalo o ka moa-'ai kūlana e like me ka hā'ule i loko o ka pulse rate hiki wale ke nawaliwali ka pu'uwai, akā i ko'u hihia, 'o ia ka hopena kūlohelohe o ka hana ma'amau o ka'u mau 'ōpū.

He mea ko'iko'i loa ia i nā manawa a pau a'u e ho'ā'o ai e ho'onui i ko'u 'ōpū me nā manawa he nui o ka nui o nā mea'ai maoli, 'a'ole lākou e noho lō'ihi i loko o ka 'ōpū, akā komo i loko o ka 'ōpū i ka manawa ho'okahi a ha'alele i ke kino i loko o kekahi mau hola, me ka hana 'ole. kekahi palaho a me ka ho'opuka 'ole 'ana i nā ma'i ho'ohehe'e li'ili'i a i 'ole e hō'eha ia'u i kekahi pilikia. Ma lalo o kēia 'ano, pi'i a'e ko'u pu'uwai pu'uwai ma mua o 'ehā a 'elima paha i ka minuke, akā ke ho'ā'o wau e "mā'ona" ia'u iho me ka mea'ai mo'a e like me "ke kanaka ma'amau," lele koke ko'u pu'uwai i 85-90. a he mau lā ia e ho'i hou ai ko'u 'ōpū i kona 'ano māmā.

Me a'u iho, ke hānai nei au i ka'u keiki 'ekolu ma ke 'ano he 'ai maka. He 'ehiku mau makahiki 'o ia, 'a'ole na'e 'o ia i ho'okomo i ho'okahi wahi mea'ai i hō'ino 'ia i loko o kona waha. 'O kona olakino ka

ke ano o ka hemolele. I kēia manawa ke 'ike nei au i ka 'oko'a nui ma waena o nā keiki 'ai maka a me nā keiki 'ai mo'a. 'O'i aku ka ma'alahi o ka hānai 'ana i ho'okahi haneli keiki 'ai maka ma mua o kahi keiki 'ai ho'okahi. 'A'ole hiki i kekahi ke hopohopo e pili ana i nā ma'i o nā keiki e like me ke anu a me ke anu, ka ma'i ma'i a me ka pa'a, a i 'ole pilikia e pili ana i ka 'ai 'ana o ke keiki i ka nui a i 'ole ka l'ilī'i. He 'oli'oli 'o ia e like me ka lark a i kēlā me kēia manawa āna e makemake ai e hele 'o ia i ka papa'aina a kōkua iā ia iho i nā mea āna e makemake ai e 'ai. Ho'okani 'o ia, hīmeni a hula i ka lā a pau me ka 'ole o ka mana'o 'ole a me ka uē 'ole, me ka ho'opilikia 'ole i ka po'e e puni ana iā ia.

Moe 'o ia i ka hola 8 pono o ke ahiahi, a ma hope o ke mele 'ana iā ia iho no kekahi mau minuke, pani 'o ia i kona mau maka a hiamoe me he 'ano luna lā a hiki i ka hola 6 o ke kakahiaka. Eia kekahi, he mea kupaianaha loa ia ma hope o nā mahina mua hiki iā mākou ke ho'omana'o i 'ekolu a 'ehā mau manawa i ala 'o ia i ka pō. No ka hohonu a me ka leo o kāna hiamoe 'a'ohe wala'au a me ka ne'e 'ana iā ia e ala ai.

Ke noho nā keiki 'ē a'e o ke kula kindergarten ma kā lākou papa 'aina kakahiaka e loa'a i ka berena a me ka tiiki, ka berena a me ka pata, nā pāpa'i, a me nā mea 'ē a'e, lawe mai 'o ia i kāna 'eke hua'ai āna i lawe ai mai ka home a hau'oli mālie. Iā mākou e kipa aku ai i nā hoaaloha, nānā 'o ia me ka mana'o 'ole i kēlā mau papa kī kī nui a puni ka po'e e noho ai iā lākou iho a "'oli'oli" i nā 'ano paina a me nā mea 'ono. 'A'ole 'o ia e hō'ike i kahi makemake, 'a'ole na'e ma muli o ka hoihoi, e 'ono i kekahi o lākou. Ma ia ala e hānai 'ia ai nā keiki 'ai maka a pau.

'O ka'u wahine, ka mea a'u i koi 'ole ai i ko'u mau mana'o, me ka mālie ka hoololi ana i kana mau mea ai no ka pono o kana keiki a me kona ola kino, ua lilo ia i mea ai maka piha a oluolu i kona kulana. I ka ho'omaka 'ana, ha'alele 'o ia i ka 'i'o a laila ho'emi 'o ia i nā kī'aha moa 'ole i ho'okahi a 'elua paha i ka pule. I ka nui a'e o ke keiki, ua ho'ololi 'ia kēia mau mea e kekahi mau 'uala paila i lawe 'ia i kekahi manawa. 'O ka hope, ua hā'awi 'ia kēia mau mea i ka wā i nīnau ai ke keiki, "No ke aha kēlā 'ala 'ino, e Māmā?" Mahope iho, lalau iho la oia i kekahi apana berena paina a pau ana i ai ai i kekahi manawa me ka walnutia, i ike ole ia e ke keiki.

nolaila, e hoole oia i na mea ai a pau i moa. A ua ho'okō 'ia kēia mau mea a pau me ka pilikia 'ole, i ka manawa i ho'oholo 'ia ai me ka ikaika. Inā 'a'ohē 'ala o ka mea'ai moa i loko o ka hale, lilo ka 'ai maka i mea ma'alahi loa. 'O kēia ke ala e pono ai e nā mākuu a pau e mahalo i ko lākou olakino a aloha i kā lākou mau keiki.

'O nā 'ano 'ino a pau o ke kanaka ka hopena o ka kuke 'ana

'Ai 'ai

'O ka 'ai maka e kipaku aku i waho o ke kahua pā'ani i nā hewa 'ē a'e e like me ka inu 'ona, ka puhi paka, ka ho'ohui 'ana i ka lā'au a me ka makemake 'ole. 'A'ole hiki i kēia mau addictions ke hele pū me ka 'ai maka. 'O kēia mau hewa nā satellite o ka mea'ai.

Ma ka lanakila o ka 'ai maka, e ho'okumu 'ia ka maluhia mau loa ma ka honua a ma waena o nā lāhui. 'O nā hewa a pau, ka inaina, ka inaina, ka ho'oki'eki'e, ka lili, a ma ke 'ano nui, 'o nā hana 'ino a pau o ke kanaka, he hua ia o ka 'ai mo'a. Ma ka hoopau ana i ka ai moa, e malie ai ka manao o na kanaka, e hookiekieia ko lakou noonoo, a e maalahi ke ola, aole e koi hou aku na kanaka e haehae i ka io o kekahi a me ke kuai aku i ko lakou lunamano no ka ipuhao.

Pono e kaupalena 'ia ka mana'o o ka mea'ai i ka Ho'ololi i nā mea'ai kūlohelohe 'ole e ka Natural Ka Hanai ana

'O ka 'ai maka piha ke ala e ho'oku'u ai i ke kanaka mai nā ma'i. 'A'ole i hā'awi 'ia nā ana hapalua a 'a'ole loa e hā'awi i nā hopena. Ma lalo o nā kūlana o kēia manawa o ka 'ai 'ana i ka mo'a, pono e mālama 'ia nā helu 'ai a pau i 'ae 'ia o nā waiwai mea'ai o nā mea'ai kūikawā. 'O ke 'ano o ka ma'i, ke kama'ilio 'ia ka nīnau no ka mea'ai, pono mākou e no'ono'o wale i ke 'ano o ka maka a me ka mo'a, ke kūlohelohe a me ke 'ano 'ole, ka ma'ema'e a me ka degenerate. 'O nā 'ōlelo a'oa'o i hana 'ia i kēlā me kēia lā ma ka lekiō, ma nā nūpepa a me nā 'ano 'ē a'e e pili ana i ka ho'ohana 'ana i nā huaora, nā minela a me nā protein, a me ka 'ike i hā'awi 'ia i kā lākou mau calorie.

hiki 'ole ke ho'ohana 'ia, waiwai 'ole a me ka pō'ino, 'oi aku ka nui o ka ho'ohana 'ana i nā lā'au lapa'au a me nā mea'ai holoholona.

I ka no'ono'o 'ana i nā waiwai o kēlā me kēia mea mea'ai, 'a'ole pono mākou e hopohopo iā mākou iho i ke 'ano o nā huaora a i 'ole nā mea 'ē a'e i loko o kahi mea'ai. 'O ka noho mau 'ana o nā mea 'oko'a like 'ole i kēlā me kēia waha o ka mea'ai e koi 'ia. No laila, pono mākou e maka'ala i 'ole e nalowale kekahi o nā mea i ka mea'ai a mākou e 'ai ai. 'O kēia ka hihia ke 'ai mākou i nā mea'ai mea'ai maka, akā i ka mea'ai mo'a 'a'ole lākou i loko o kā lākou mau tausani.

No nā kenekulia i ka hopena, ua hana nā kaukani o nā loea i nā mea'ai mea'ai kā lākou noi'i pono'i. Akā, 'oiai ua nānā lākou i nā pilikia lua wale nō a 'a'ole i no'ono'o i ka pō'ino i hana 'ia e ke ahi kīhini, 'a'ole hiki i kā lākou noi'i 'ana i nā hopena i makemake 'ia a 'oi aku ka maika'i, no ka nui o kā lākou kū'ē 'ana, ua pō'ino lākou no ke kanaka. . 'O ka po'e 'ai mea'ai, ka mea i mana'o 'ia 'o ia ka po'e holomua i waena o lākou, 'a'ole lākou i 'ae wale i ka pō'ino i hana 'ia e ke ahi, akā ua ho'omanawanui lākou i ka ho'ohana 'ana i ka berena ke'oke'o a me ke kō i ho'oma'ema'e 'ia, i nele i nā mea waiwai a pau. Eia na'e, pono e 'ae 'ia i ka lanakila 'ana o nā mea ho'ohui kanaka, ua hala nā mea 'ai mea'ai i ke ala 'oi loa. 'O ka ne'e pa'akikī loa, 'o ia ka ha'alele 'ana i ka 'i'o, a ma hope o ka ho'ololi 'ana i ka mea'ai 'ai 'ole me nā mea'ai maka he wahi li'ili'i wale nō, 'oiai ma kēia 'anu'u li'ili'i e hiki ai lākou i kā lākou pahuhopu hope. No laila, ua mana'o 'ia e 'ae ka po'e 'ai mea'ai o nā 'ano 'ano like 'ole i nā kumu o ka 'ai maka a e hō'ulu'ulu pū lākou ma lalo o ka hae ho'okahi, i mea e ho'okumu ai i ke kumu o kēlā ola hau'oli i moe mau 'ia e ke kanaka.

Ma ke 'ano he loea i nā mea'ai, ua lanakila 'o G. Hauser i ka inoa nui ma 'Amelika. Akā 'o Hauser, 'o ia ka holomua e like me ka ho'ohālikelike 'ana me nā mea 'ai mea'ai 'ē a'e, 'a'ole ia e no'ono'o i ka pō'ino i hana 'ia e ka kuke 'ana a no laila ke ho'ā'o nei 'o ia e ho'ihō'i i ka pō'ino i hana 'ia i loko o ka lumi kuke ma o nā 'ōlelo kuhikuhi. E manao kakou i kana olelo ao

hiki ke lawelawe i kekahi kumu pono. 'Auhea ka mea hana, ka mea mahi'ai a i 'ole ke kanaka ma'amaui ma ke alanui e 'ike ai i ka uku kaukani kālā e uku ai i mea e loa'a ai ka 'ike e pili ana i ka nui o ka molasses 'ele'ele e lawe ai i ke kakahiaka, ehia ka hū i ke ahiahi , a i 'ole ehia tausani 'āpana o kekahi huaora pono' āna e ale ai i kēlā me kēia lā?

'A'ole kēia ke ala kūpono. Pono e ho'omaopopo i ka mea holo'oko'a honua e like me ka hiki me nā mea waiwai o ke kino kanaka, e ho'ololi radically i nā 'ano mea'ai i kēia manawa a ho'opau i nā 'ōlelo a'oa'o o nā mea'ai kūikawā a me nā huaora pākahi.

Ua 'ike nā kānaka 'epekema 'a'ole hiki i ke kanaka e hānai wale ana i ka 'ai berena, ka laiki i poni 'ia a i 'ole ka 'i'o ke mana'olana e ola lō'ihi. Akā 'a'ole 'ike ke kanaka ma'amaui i kēia. I kona mana'o, hā'awi kēlā mau mea'ai i ka mea'ai maika'i loa. Pehea e hiki ai iā mākou ke hō'oi'a'i'o ma lalo o ka ikaika o nā kūlana a i 'ole ma ke kaomi 'ana o ka 'ilihune 'a'ole e hānai na'aupō ke kanaka iā ia iho a me kāna mau keiki i kēlā mau mea'ai wale nō a 'a'ole e hō'ino iā ia iho i ka hopena? 'O ka 'epekema ko'iko'i loa, i kama'āina 'o ia i ke kumuhana holo'oko'a, 'a'ole hiki iā ia ke pale aku i ka ho'oikaika 'ana o kona kuko a 'ai 'o ia i ka nui o kēlā mau mea hō'ino a pepehi 'o ia iā ia iho me ka mālie akā 'oia'i'o, a pepehi koke iā ia iho ma o ka ka ma'i 'a'ai a i 'ole ka pu'uwai. No laila, 'a'ole lawa ka ho'olaha wale 'ana i kēia mau mana'o ma nā puke; pono e ho'one'e i nā kino kūpono o ka moku'āina i mea e ho'okomo ai i nā loli kumu, i ho'olālā 'ia i nā 'ano mea'ai o nā kānaka. Pono e lawe 'ia nā hana ikaika e kaupalena mālie i ka 'ōpala nui o nā mea'ai mea'ai a e paipai i ka 'ai 'ana i nā mea'ai maka a me ka haumia 'ole. 'O ka pahuhopu hope o kēlā me kēia 'ano mea'ai, 'o ia ka 'ai maka, ke nalowale ka mana'o o ka hua'ōlelo "'ai" a hā'awi i kahi i ka 'ōlelo NATURAL NUTRITION a i 'ole THE INTEGRAL RAW MATERIALS FOR THE HUMAN FACTORY.

Pono ka ho'ohana 'ana i nā huaora artificial a me nā minerala

Ua kū

'Oko'a loa ka nui o nā mea mea'ai i loko o nā mea'ai maoli, no ka mea, e kū'ē i ho'okahi milligram o ka mea ho'okahi, aia paha he ho'okahi tausani o ka milligram o ka lua a me ka hapa miliona o ka milligram o ka hapakolu. Akā 'o ke kaupaona 'ana i ho'okahi miliona miliona o ka milligram he mea nui ia no ka hale hana kanaka e like me ke kaupaona ho'okahi milligram. I kēia manawa, i ka wā kuke 'ana, 'o ia nā mea i loa'a i nā 'āpana li'ilii' wale nō i luku 'ia i ka manawa mua.

E no'ono'o paha kekahi no ke aha me ia mau mea kīnā 'ole e pau ai ka hana 'ana o ka hale hana kanaka, e like me ka hana 'ana o kahi hale hana ma'amau, akā ho'omau i kāna mau hana no ka manawa lō'ihi, no laila ke alaka'i nei i ka po'e i ka mana'o kuhihewa 'o kēlā me kēia mea e mā'ona ai ko lākou 'ai, 'o ia ka mea'ai. .

'O ka mea 'oia'i'o, 'a'ole he mea ma'amau ke kino o ke kanaka hale hana. He honua nui ia me nā miliona o nā kākā, nā hale hana helu 'ole, nā hui like 'ole, nā 'ōnaehana, nā hale kū'ai, nā mālama, a pēlā aku. 'Oia i nā 'a'ole loa'a kahi mea'ai, hiki iā ia ke mālama iā ia iho a hiki i 70 mau lā a 'oi aku paha ma ke kāhea 'ana e ho'ohana i kāna mau mālama mālama.

Ma hope o ke komo 'ana i loko o ke kino, ua pu'unaue 'ia nā mea'ai i loko o ke kino o ke kanaka ma ke 'ano o ke koko a loa'a i kēlā me kēia cell nā mea i kūpono i kona 'ano a me kona 'ano kūikawā. Akā, 'a'ohe mea e lawe 'ia e nā ke'ena o ka 'ā'i a me nā 'ōpū mai nā mea i ho'oha'aha'a 'ia i loko o nā mea'ai i kuke 'ia i nā 'ano li'ilii' li'ilii' e hiki ke helu 'ia ma nā manamana lima. Ke kali nei lākou, me ka pōloli a me ka nele, a hiki i ko lākou haku e ho'olō'ihi i kona mau manamana lima e kōkua iā ia iho i kahi 'āpana aniani, 'ōma'oma'o a hua paha.

'A'ole mana'o ke kanaka i ka pōloli o kēlā me kēia cell no ka mea, 'oia i ka pōloli nui o nā glandular a me nā cell organik, piha kona 'ōpū, mā'ona kāna addiction, 'olu'olu 'o ia iho. Akā, 'oi aku ka nui o nā mea 'oi aku ka waiwai 'ole, ka palaualelo a me ka hana 'ole, ka mea e 'ai me ka makemake i nā "mea kūkulu hale pa'a piha" e pili ana.

i ko lākou mau hale a "ho'oikaika a ho'oikaika" i ke kino ma ka ho'onui 'ana i kona nui.

'O kēia ke kumu no ka loa'a 'ole o 50-60 kilokani o nā mea 'oi aku ka maika'i 'ole, ka mea i kapa 'ia 'o ke kanaka olakino, 'o'ole'a a ikaika ho'i, 'a'ole i loa'a iā ia he mau haneli haneli o nā pūnae'e ikaika, kūikawā, kahi e hana mau ai kekahi a i 'ole. a hana i nā huahana kīnā 'ole. 'Oiai 'a'ole i ho'onele 'ia nā 'ōpū a me nā 'ōpū i nā koena hope loa o nā pūnaehana ikaika, hiki i ke kanaka ke kauo i kona ola 'ana ma kekahi 'ano; aka, i ka pau ana o lakou, he mea hiki ole ke pale aku i ka make.

A laila, make ka mea "mā'ona," "ko'iko'i" a me ka "ikaika" ma muli o ka pōloli i kona 'ōpū a me kona 'ōpū. No ka la'ana, nalo nā pu'uwai i ka mana kūpono a me ka elasticity no ka hana 'ana i nā 'oki'oki ma'amau. A laila ho'ā'o ka pu'uwai e ho'opakele i ke kūlana ma ka ho'onui 'ana i ka helu o kāna mau sela, a ma muli o ia e ho'onui 'ia me nā cell i hana 'ia mai nā protein holoholona a me ka berena ke'oke'o. - Akā, 'a'ohe mea e pono ai, no ka mea, 'a'ole hiki i kēia mau cell ke hana i nā hana pono a 'a'ole lō'ihi ka lō'ihi ma mua o ka pau 'ana o ka pa'i 'ana o ke kino.

'A'ole maopopo iā mākou, pehea ka nui o nā mea koho like 'ole e hele ai ka hana 'ana i ka palaoa a i 'ole kekahi kino mea kanu 'ē a'e. E lawe kakou i ka helu kuhiakau, he 10,000. Ma nā kānāwai kumu mua o ke 'ano, pono mākou e no'ono'o 'o nā mea waiwai e pono ai no ka hale hana kanaka he 10,000 mau mea like 'ole, a i ka hā'awi 'ana i ia mau mea pono e mālama pono i 'ole kekahi o nā mea i koho 'ia. kaawale.

'O kēia ka 'ōnaehana kūlohelohe loa no ka hō'ōia 'ana i ka hana ma'amau o ka hale hana kanaka.

I kēia manawa, e 'ike kākou i ke 'ano o ka ulu 'ana o nā mea'ai o kēia 'ai mo'a makahiki he. Lawe nā kāne i ka luku nui 'ana i kēlā mau mea ko'iko'i a hānai i ko lākou kino me nā 'ano līlī'i wale nō o kā lākou mea.

Ma hope o nā makahiki he nui o ka noi'i 'ana, 'ike nā mea olaola he 1015 wale nō 'ano mea ma ka pa'akai, ka pata, ka ate a i 'ole ka lolo. Ua mana'o kekahi e ha'i lākou ma muli o kā lākou hana lō'ihi ua 'ike lākou he 10-15 wale nō nā mea'ai o ia mau mea.

‘O nā ‘ano mea ‘ino, ‘a’ole kaulike, lawe i nā mea ‘awa’awa, degenerate a me nā mea make, a me nā mea i ho’okumu ‘ia i kā mākou mau mea maka, 9990 mau ‘ano ‘ano ‘a’ole i loa’a a, no laila, ‘a’ole pono kēlā mau mea’ai e ho’ohana ‘ia i mea’ai. paipai ‘ia e kekahi. Akā, ho’ākāka lākou i nā inoa o nā mea’ai a pau i loa’a iā lākou i loko o kēlā mau mea’ai, wehewehe lākou i kā lākou mau hana i ka mea’ai a, ma hope o ka helu ‘ana i kā lākou mau waiwai, hō’ike lākou iā lākou i nā mea’ai "pono". ‘A’ole lākou e ‘ōlelo e pili ana i ka nele o nā kaukani mea’ai mea’ai, ‘a’ole lākou e kama’ilio e pili ana i kā lākou kuleana i ka mea’ai a i ‘ole nā hopena pō’ino e pili mau ana i ko lākou ha’alele ‘ana.

Eia na’e, ‘o kēia mau mana’o he mau mea ko’iko’i loa ia o ka nīnau.

Pono e ho’omana’o i ka nui o nā hana o ka maka nā mea’ai i loko o ke kino inā paha i ‘ike ke kanaka iā lākou a pau, ‘a’ole lawa ke ola holo’oko’a no kā lākou wehewehe wale ‘ana. Pono mākou e no’ono’o ‘o ia kekahi o nā kāmāwai ha’aha’a o ka mea’ai ‘o ka ‘oia’i’o ‘a’ole hiki i kekahi mea mea’ai ke lawelawe i kāna kumu maoli inā lawe ‘ia ma kahi ka’awale, ‘oko’a ka mea holo’oko’a.

Ke kuhikuhi aku kekahi i ka ‘epekema kaulana loa aia ‘A’ohe wahi o nā huaora i loko o ka berena ke’oke’o āna e ‘ai ai, pane ‘o ia, me ke kāmālua ‘ole, e ‘ai pū ‘o ia i nā mea’ai i loa’a nā huaora Me ka mana’o like e hiki i ka mea hana pōhaku ke waiho i kāna mau pōhaku i ka lā a pau a ho’oki’eki’e i kona pā me ka ‘ole o ka hamo, a laila ho’opa’apa’a aia kekahi mau manawa e ho’ohana ai ‘o ia i ka hamo. ‘O ia ka makapō ma muli o ka ‘ai ‘ana.

He aha ka berena ke’oke’o inā ‘a’ole ka starch, ke kō, nā momona, nā protein a me nā ‘ano pa’akai make - ‘o ia ho’i, ‘o ka lehu ola ‘ole o kekahi o nā mea 10,000 i ho’okumu i kā mākou mea maka? He aha ke kō i ho’oma’ema’e ‘ia inā ‘a’ole kekahi o nā 10,000 ma luna? He aha ka ‘i’o inā ‘a’ole nā protein i loko o ka lā’au make a me nā meheu o kekahi mau mea i ho’oha’aha’a ‘ia? Eia na’e, ho’opiha ke kanaka i kona ‘ōpū i kēia mau mea lili’i’i a ho’onele i kāna mau ‘ōpū i nā mea’ai pono maoli. E pili ana i ka hopena o nā ma’i i hiki mai i loko o kona mau kino, hiki i kekahi ke hanu.

kekahi mana'o ma ke kipa 'ana i nā halemai a i 'ole ka nānā 'ana i nā ki'i i loko o nā puke kula olakino. Pehea e hiki ai ke hana 'ia nā 'ano 'ino weliweli, nā 'eha a me nā 'eha, inā 'a'ole ma muli o ka nele o nā mea'ai maika'i?

'Oiai ua 'ike nā kānaka 'epekema i kēia manawa he 40-50 mau 'ano o nā kaukani mea'ai mea'ai, ua hā'awi 'ia kahi 'āpana nui o nā palapala lapa'au i ka wehewehe 'ana i nā hopena o ia mau mea, 'o ia ho'i ke kumu o ka nui o nā hana lapa'au 'ē a'e. Ma waho a'e, ua laha ka 'upena nui o nā 'oihana kalepa ma ka lō'ihi a me ka laulā o ka honua no ka hana 'ana a me ka hā'awi 'ana i kēlā mau mea.

Hiki iā mākou ke no'ono'o i ke kūlana inā, ma kahi o kēlā mau mea 40-50, kūle'a nā 'epekema noi'i i kekahi lā i ka loa'a 'ana o 400 a i 'ole 500, 'a'ole e 'ōlelo 'ia he 4,000 a i 'ole 5,000 mau 'ano mea. Me he mea la ua nalowale ke kanaka o keia la i ka pono o na mea maka maoli e pono ai kona kino; 'a'ole hiki koke iā ia ke loa'a iā ia. No laila, pono 'o ia e nānā i kēlā me kēia kihi a me nā kihi e 'ike pa'a i nā mea e pono ai kona kino. Mana'o ka po'e 'epekema noi'i he 'epekema wale nō nā mea i 'ike 'ia e lākou a pa'i 'ia i loko o nā puke. No ka mea, 'a'ohe o lākou 'ike i ke 'ano piha o nā mea ho'ohui o kahi hua palaoa, 'a'ole lākou i 'ike i kekahi mea 'epekema i loko. He mea "ma'amau" hiki ke loa'a ma'alahi, nui nā wahi āpau a 'ike 'ia e nā mea a pau. He mea 'oko'a nō na'e ke kūle'a lākou i ka 'ike 'ana i kahi mea'ai mea'ai hou a loa'a i kāna 'ano. A laila, lilo ia i mea 'epekema; Ua mahalo 'ia kona 'ike 'ana ma ke 'ano he lanakila nui ma ke 'ano o ka lā'au lapa'au, a 'o ka mea hou aku, ho'olauna ia i ka mana'o hou a me ka hoihoi i nā hale hana, nā lā'au lapa'au a me nā ke'ena lapa'au. A 'o kēia wale nō no ka makemake 'ole o ke kanaka e ha'alele i kāna berena ke'oke'o.

'O ka mea e hiki mai ana, pono e 'ae ka po'e 'o ke ala wale nō e ho'opau ai i ka ma'i, 'o ia ka palena palena 'ole a laila pāpā loa i ka luku nui 'ana i kā mākou mau mea'ai.

No kēia hopena, pono nā kino kuleana e ho'olaha nui a pono e hana i na hana e pale aku ai i ka luku nui ia

mea 'ai mea'ai. Pono lākou e ki'i i nā 'ano kī'aha hou mai nā hui 'ana o nā mea'ai maka a 'ōlelo aku iā lākou i ka lehulehu, a laila e ho'ololi mālie 'ia nā 'ano mea'ai. 'O ka hopena, e ho'opau 'ia nā ma'i e ho'opilikia nei i ke kanaka i kēia manawa a e ho'opilikia 'ia ke kumukū'ai o ke ola.

Ma mua o ko mākou lilo 'ana i po'e 'ai maka, ua 'ai ko mākou 'ohana i ho'okahi kilokani berena i kēlā me kēia lā, akā i kēia manawa, 'o ka kilo palaoa ka lō'ihi mai 8 a 10 lā. Ma ka 'ai 'ana i ka berena ke'oke'o, ua make au i ka wā ma mua, akā mahalo i ka palaoa ho'ōla a'u e ola nei, a ke mana'o nei au e ola au no nā makahiki he 40-50.

'O ka ho'ohālikelike ma waena o ke olakino o ka 'ai maka a me 'O ka 'ai 'ana i nā keiki ke ala maika'i loa e hō'ōia ai i ka pō'ino i loa'a ma ka 'ai 'ana i ka mea'ai mo'a.

Pono e lawe mua 'ia nā lōina ma nā hale hānai lā, nā hale o nā keiki, nā halemai a me nā hale 'aina, a laila pono e ho'olaha 'ia ma o ka ho'olaha 'ana i ka lehulehu. Me nā 'ike maopopo 'ole a hiki 'ole ke ho'opi'i 'ia e like me ka'u i hō'ike aku ai, ke mana'olana 'ia nei e ho'omaka koke nā 'epekema 'ike maopopo e hana. Akā inā makemake lākou e loa'a hou nā hō'ōia pa'a, ke hāpai nei au i kēia ho'okolohua. E mahele ia na kamalii ma kekahi hale o na keiki i elua hui like, e hanaiia kekahi e na ano lapaau o keia wa, a o kekahi e hanai ia e na kumu o ka ai maka. A laila e ho'ohālikelike 'ia ke olakino o nā hui 'elua. 'A'ohe o'u kanalua i kēlā pono mai ka ho'omaka 'ana e akaka i ka honua holo'oko'a 'o wai o nā 'ōnaehana 'elua), 'o ka mea'ai he 'epekema a me ke kanaka. Hiki ke loa'a nā hopena like ma ka ho'ololi 'ana i ke 'ano no ka ho'ōla 'ana i nā ma'i ma'i.

Hiki i nā po'e no'ono'o ma'alahi ke kū'ē i ka ho'ā'o ma muli o ka hewa a i 'ole ka hō'eha 'ana i ka hana 'ana i ia mau "ho'okolohua" i nā keiki. Eia na'e, inā e no'ono'o 'ia kēlā po'e i ka hohonu iki, e 'ike lākou 'a'ole ia he ho'okolohua e mālama i ke ola a me ke olakino o kahi keiki ma ka hānai 'ana iā ia me ka hō'ilī'ili piha o nā mea 'ai ma'ema'e i mana'o 'ia.

ma ke ano no ke kino kanaka. 'O nā ho'okolohua maoli, 'o ia nā ho'okolohua inhuman i hana 'ia ma lalo o ke 'ano o ka 'epekema me kekahi mau 'ano mea synthetic i 'ike 'ole 'ia i loko o ka hale hana i kēia manawa, 'o ia ka hopena o nā miliona o nā keiki i ha'alele i ke ola i ko lākou wā kamali'i, e waiho ana i ko lākou mau mākuia i loko o ka 'awa'awa. kaumaha. 'O nā ho'okolohua nā hana e pā'ani me ke olakino o ka po'e e 1,001 degenerated mea'ai a me nā mea 'awa'awa a hana i nā ma'i hou. Ua kapa 'ia kēia mau ma'i 'o nā ma'i o ka mo'omeheu, me ka hilahila 'ole i kēlā "civilization" a me ka no'ono'o 'ole 'ana e kapa 'ia nā kūlana i hānau 'ia i ia mau ma'i he na'auwae, 'ino a barbarism, 'a'ole na'e he civili.

Pono nā hui 'epekema a me nā kino aupuni kuleana
E no'ono'o i ka pilikia o ka 'ai maka me ka 'ole

Ho'opane'e

Ua hā'awi wau i kahi radical a ma ka manawa like i kahi ala ma'alahi a kūlohelohe e ho'oku'u 'ia ai ke kanaka mai nā ma'i āpau o ka honua. He mea ko'iko'i loa kēia e pono ai i nā 'epekema āpau, nā kauka, nā na'auao a me nā 'āpana moku'āina kuleana e nānā koke. Pono lākou e hō'oi'a i ka lehulehu ua hewa wau i ko'u mau mana'o a hō'ole iā lākou ma nā ho'okolohua kumu, a i 'ole pono lākou e hō'oi'a i kā lākou 'oi'a'i'o a hana i nā hana kūpono e ho'okō ai. 'O ka mea nui, inā e hō'ike 'ia kekahi mana'o 'ole a hāmau paha e nā kauka, hiki ke mana'o 'ia e ka lehulehu he hihia maopopo 'ole o ko lākou makemake e pale aku i nā ma'i, i 'ole e hō'emi 'ia kā lākou kahua a i 'ole ka hana. 'O wau iho, 'a'ole wau i mana'o'i'o he 'oi'a'i'o kēia, no ka mea, he kakaikahi nā kānaka i hiki ke hana 'ino loa; aka, he pono no na kauka e hoike mai he oi aku ko lakou manao i oi aku mamua o ka imi dala, a o ko lakou manao, oia ka lawelawe i ka naauao, i ke kanaka.

Ho'okō nā kauka hanohano, 'uhane a me ka altruistic i kā lākou pahuhopu ma o ka 'ae 'ana i ka 'ai maka, 'oi'ai ke 'ike nei nā kauka inhuman, mana'o'i'o a puni i ko lākou poho pono'i. 'O ka pa'akiki i 'ōlelo 'ia o ka ho'ololi 'ana i nā ku'una pa'a hohonu hiki ke lilo i kumu kumu 'ole

e uhi i ka pono o ka poe hewa. 'O ka loa'a 'ana o ka 'ai maka 'o ia ka manawa maika'i loa e 'ike ai i ka hanohano a me ka na'aupō, ka maika'i a me ka hewa, ka na'auao a me ka na'auao.

'A'ohe hana i 'oi aku ka waiwai o ke kanaka ma mua o ka ho'olaha 'ana i ka 'ai maka. He mea pono e hoala mai i na kanaka a pau mai kona hiamoe ana he mau keneturia, e wehe i kona mau maka, e hoolulululi ia ia mai kona luhi, a e hookuu ia ia mai kona moeuhane i keia wa. Pono e hā'awi ka po'e waiwai i kā lākou kālā no kēia hana; ka poe naauao ko lakou lolo. He mea nui ka ho'okumu 'ana i nā hui, ho'okumu i nā hui, ho'opuka i nā nūpepa a pa'i puke. Eia kekahi, he mea pono e kukulu i ka sanatoria akea me na pono a pau no ka hoomaha ana, na lealea a me na lealea, a ma o ka "paahao" o kekahi mau mahina e hoola ai, e hooulu hou, e hookuu i na manao ino, a e kokua a hoomalamalama i kela poe. nele i ka 'ike pono a me ka makemake. 'Oi aku ka maika'i a me ka makemake e hā'awi i ke kālā a me ka ikaika no kēia kumu ma mua o ke kūkulu 'ana i nā hale pono 'ole a mākou e pono 'ole ai e like me nā hale pule a me nā kula a me nā halemai. 'O ka 'ai maka he pōhaku pa'a e hiki ai iā mākou ke hō'ōia 'o wai ka mea na'auao i loa'a i ka mana'o kū'oko'a a pa'a 'ole, a i 'ole ka mea makemake maoli i ke olakino a me ka pono o ka lehulehu. Aia i loko o nā leka gula e ho'opa'a ai ka mo'olelo i nā inoa o ia po'e.

'A'ole hewa ke 'ōlelo 'ōia'i'o

Ke ho'opī'i nei kekahi po'e ia'u he alelo 'oi. Ke kāhea au i ka po'e 'ai mo'a he po'e pepehi kanaka, filicide a me nā lawehala, 'a'ole wau e ho'opī'i; He 'ōia'i'o wale nō ka'u, he 'awa'awa paha kēlā 'ōia'i'o.

Ke ho'opiha ka makuahine i ka waha o kāna keiki aloha i ka mea'ai wela e kona mau lima pono'i, ho'opilikia 'o ia i nā 'ōpū o kāna pēpē a alaka'i iā ia i ka ma'i a me ka make. Ke ho'omākaukau ke kauka i nā mea'ai "nutritious" a "easily digestible" no nā keiki li'ili'i a

kuhikuhi 'o ia i nā hua'ai o nā huaora artificial ma ka uku o nā mea kanu a me nā hua'ai, ua hana 'o ia i kahi hewa 'oi aku.

I kēlā me kēia lā ke nānā nei au i ka mana'o o ka po'e nāwaliwali a me ka po'e ma'i he mea lapa'au i ke kumu o ko lākou mau ma'i, a 'ai wale iā lākou me ka maka'u wale. nā mea'ai (nā hua'ai maka a me nā hua'ai) hiki ke ho'ihō'i iā lākou i ke olakino, no ka mea ke mana'o nei lākou 'o ia ke kumu o ko lākou mau pilikia. Ua kaumaha 'ia nā miliona o nā ola ma muli o kēia kuhi hewa. 'A'ole hiki i ka mea komo i loko o ka hohonu o ka pō'ino ke noho mālie a mālama 'ole.

'A'ohe Pa'a Kānāwai e kū'ē i ka luku 'ana i ka Nā Mea Kiko i mana'o 'ia no ka hale hana kanaka

Ke hiki mai kekahi hemahema iki i ke kaulike kūpono o ka nā lako maka i ho'olako 'ia i ka 'oihana o ke kalana, ua ho'opī'i 'ia nā mea kuleana no ka mālama 'ole 'ana a lawe 'ia i ka puke, akā 'o ka po'e i hana i ka moekolohe weliweli loa i nā mea pono no ka hana pono 'ana o ka hale hana kanaka e hele pinepine 'ole. I kēia keneturi o ka holomua 'epekema, 'o ka mea na'aupō a me ka na'aupō he kuleana pa'a loa e 'imi i nā 'ano hou o ka degenerating mea'ai maoli, a me ka concoct a hā'awi aku no ke kū'ai aku i nā mea 'ai 'ino loa. Akā 'o ka mea 'ē a'e, 'o ka mea 'epekema nui, ka cytologist nui, ka mea i hā'awi i kona ola i ke a'o 'ana i nā hana olaola o nā cell ola, a i 'ole ka mea'ai mea'ai, nona ka pahuhopu nui i kona ola 'ana i ka hana 'ana i waho. 'ai kūpono no ke kanaka, kū'ai i ka pu'u o ia mau mea degenerated a hā'awi iā lākou i kona mau ke'ena, me ka mana'o 'ole a me ka mālama 'ole, alaka'i 'ia e nā 'ōlelo a kona 'ā'i wale nō.

I ka 'ike mua 'ana he mea hiki 'ole ke ho'oku'u iā mākou iho na mai a pau ma ka ai maka. Akā 'o ka nui o ka mana'o e waiho nei i ka 'oia'i'o 'o ka "kūlohelohe" ma'alahi e lilo i mea maoli. 'A'ole pono e mana'o 'ia ka pa'akikī o ka ha'alele 'ana i ka mea'ai he mea keakea i ka ho'okō 'ana i ka pono o

‘ai maka; aka, he mea pono ia e ana i ka ikaika o ka enemi i ka lahui kanaka, a e hooikaika ia kakou e hana i na hana a pau e pale aku ai i ke komo ana o kela kupua weliweli iloko o ke kino o ke keiki hanau hou. ‘O kēlā po‘e i pa‘akikī i ka ha‘alele ‘ana i nā mea‘ai mo‘a iā lākou iho, a e ho‘omau mau nei i kā lākou mau hana ‘ino, pono lākou e hō‘oia i ka ‘oia‘i‘o, a no ka pono o ka hanauna e hiki mai ana a me ka wā e hiki mai ana o ke kanaka pono lākou e hakakā no ka lanakila o ia ‘oia‘i‘o ma ka ha‘i ‘ana. a me ka wehewehe ‘ana i nā lōina o ka ‘ai maka a me nā ‘ano hana ‘ē a‘e a pau.

‘Oia‘i‘o, no kēlā po‘e ha‘iha‘i a nānā hope
‘O ka po‘e i ho‘ohuli ‘ole ‘ia i ka makemake i nā mea‘ai i kuke ‘ia a me nā lā‘au lapa‘au, ‘oi aku ka holomua o nā lōina o ka ‘ai maka, akā i kēia lā ke ola nei mākou i ka Cosmic Age, ‘a‘ole i ka Middle Ages, i ka wā i ho‘oma‘ama‘a ‘ia ai nā mana‘o holomua a i ‘ole nā mea hana nui no nā makahiki. ka poe naaupō. I kēia lā, ‘o ia ka nīnau no ke ola a i ‘ole ka luku ‘ia ‘ana o ka lāhui kanaka i waiho ‘ia i mua o kākou. ‘O ke kānalua ‘ole ke kanaka.

‘O ka ‘ai maka e hō‘oia i nā pōmaika‘i nui ma ka lehulehu
Ho‘okele waiwai a ho‘oki‘eki‘e i ke kūlana o ka noho ‘ana o kekahi
Manawa

Ho‘opau ‘ia ka nui o nā mea‘ai i ke ahi a
e nā ‘ano he nui o ka ‘ili, ka ho‘oma‘ema‘e a me ka hana ‘ana. Ma ke‘ano he la‘ana, hiki ke ‘ōlelo ‘ia he ‘oi aku ka waiwai o ka mea‘ai ma mua o ka palaoa ke‘oke‘o i loa‘a mai ka kilokani palaoa.
Pēlā nō i nā ‘ano ‘ano kulina ‘ē a‘e a pau, nā pulu, nā mea kanu a me nā hua‘ai. Inā mākou e ho‘oka‘awale i nā mea‘ai holoholona a pau i kēia lā, hiki i nā mea kanu i hana ‘ia ma ka honua ke hānai iā lākou iho i nā manawa he nui o ka heluna kanaka o ka honua i kēia manawa, ke ‘ai ‘ia lākou ma ka moku‘āina maka. E ho‘omaopopo loa ‘ia ke ‘ano maoli o ka ‘ai maka, ke no‘ono‘o mākou i ka hana, ka manawa a me ke kālā a nā kānaka e pau ai i ka luku ‘ana i kēlā mau mea‘ai, a laila e no‘ono‘o i nā mea āpau.

na lilo lapaau i hanaia e na oihana like ole o ke ola kino a me ka lehulehu ma ka manao e hoopau i na poino i loa mai iloko o ko kakou mau kino mamuli o ka luku ana ia mau mea ai pono. Ua mākaukau wau e hō'ike i ka 'oia'i'o o ka'u mau 'ōlelo ma o nā hō'ōia pa'a i ka po'e makemake e loa'a i nā kiko'i hou aku no ke kumuhana. 'A'ole e kala aku ka mō'aukala i kēlā po'e kuleana i ka mana e hō'ike ana i ka mana'o 'ole i kēia mea a pani i ko lākou mau pepeiao i kēia mau 'oia'i'o uē i mea e hō'ōia'i'o ai i kā lākou ho'ohui pilikino.

'Elua wale nō kumu o ko lākou hō'ole 'ana i nā lōina o ka 'ai maka. Pono lākou e ha'i aku ua makemake lākou e 'ae i ka noho 'ana o nā ma'i ma mua o ka "ho'onele" i ke kanaka i nā "le'ale'a" o nā mea'ai i kuke 'ia a ha'alele i ka hiki ke ho'okō i kahi 'ano holo'oko'a o nā "ho'okō 'epekeka" i loa'a ma muli o ka hopena. 'O ka hana nui a i 'ole, ma ka hana 'ana i nā ho'okolohua kumu i mana'o 'ia e a'u, pono lākou e hō'ōia i ka mamao loa mai ka ho'oku'u 'ana i nā kānaka mai nā ma'i, 'oi aku ka pō'ino o ka 'ai maka iā lākou. 'A'ole hiki iā lākou ke hana i kēia. No laila, 'a'ohe o lākou 'oko'a 'ē a'e ma ka hilina'i 'ana i kā lākou no'ono'o mua, 'o ke 'ano ko'iko'i i 'ike 'ia e nā mea a pau.

No laila, ma ka inoa o nā keiki hala 'ole a pau, ke koi aku nei au i ka po'e kū'ē i ka 'ai maka e waiho i kā lākou mau mea kū'ē i ka nūpepa, i loa'a iā lākou kā lākou pane kūpono a i loa'a ka mana'o o ka lehulehu i ka manawa e huki ai i nā mana'o kūpono a e ha'i aku i kāna. ka olelo hooholo hope loa.

Pono nā kānaka a pau e ho'omaopopo i ka 'Oia'i'o a me ka Integral Raw
Na mea o kona kino

'O kēlā me kēia kanaka ka mea ha'aheo o kekahi o nā mea pa'akikī nā hale hana ma ka honua a 'o ia wale nō ke kuleana no ka hana ma'ema'e o ka hale hana i hā'awi 'ia. No laila, pono 'o ia e ho'oma'ama'a loa i ka mea maoli, kīnā 'ole a hui pū 'ia o kēlā hale hana nani.

‘A’ole i ho’oholo ‘ia ka kūpa’a o ia mau mea maka e ka nui o nā protein, nā momona, nā ‘akika, nā huaora, nā minela a me nā calorie i ‘ōlelo ‘ia e nā mea olaola o kēia lā i kā lākou puke e pili ana i ka mea‘ai. ‘A’ole hiki ke ho’oholo ‘ia ma ka waiho ‘ana i nā papa inoa lō‘ihi o nā mea‘ai mo‘a.

Ma o nā miliona a me nā miliona o nā makahiki a me nā helu kiko‘ī loa, ua hō‘ulu‘ulu ko mākou ‘ano kupaianaha i nā mea waiwai pono no ke kino kanaka, ua ho’ohui iā lākou i ka lokahi kūpono a me nā mea e pono ai, ua hā‘awi iā lākou i ke ola a ua ho’opa’a iā lākou i nā mea kanu. kino ma ke ano o na mea ola.

Aia ka mea huna a pau o ka mea‘ai i loko o kēlā mau cell i make a ola paha. ‘A’ole hiki ke ho’ohana ‘ia nā mea i loa’a i nā cell make i mea waiwai no ka hale hana kanaka.

‘A’ole pono ke kanaka e nalowale i kona ‘ano kūpono a hau‘oli i kāna mau mea i hana ai ma waho o ka palena o ka no‘ono‘o. He ‘oia‘i‘o ma ke a’o ‘ana i nā mea ‘ai mea‘ai pono‘ī ua lawe ka po‘e olaola i ka nui o ka pilikia a ua loa’a i nā ‘ike ko‘iko‘i he nui, i kūpono loa i kā mākou mahalo. ‘O kēlā mau ho‘okō a pau na’e, hiki ke mana‘o nui ‘ia e pili ana i ka ho‘omohala ‘enehana a me ka no‘ono‘o o ke kanaka i kēia manawa. E kū‘ē i ka na‘auao ki‘eki‘e o ke ‘ano, ‘o nā ‘epekema kaulana loa, me kā lākou a’o ‘ana a me kā lākou mau ‘ike lehulehu ‘ole, ‘a’ohe ‘ike ‘oi a’e ma mua o kahi keiki o ‘elima. No laila, ‘a’ohe o lākou kuleana e ho’ohaunaele i ka lokahi a me ka pololei o nā mea maka i kūkulu ‘ia e ke ‘ano, a e ho’okau i ka lehulehu i kā lākou ‘ike kamali‘i e like me ka ‘epekema hemolele.

Me ke kanalua ole, i ka hoao ana e komo iloko o na mea huna o na mea ai ‘O ka pahuhopu nui o ka po‘e ‘epekema ‘o ia ka ‘ike ‘ana i kēlā mau mea‘ai mea‘ai a pau e pono ai ke kino kanaka, e ho’oholo i ko lākou nui pili a e ho’ohui pū iā lākou. ‘O ia ho‘i, makemake lākou e ho’omākaukau i ka hua palaoa a i ‘ole lentil a hā‘awi i ke ola iā ia. Akā, ‘o ka mea i loa’a ‘ole i ke kanaka ma hope o nā kaukani makahiki o ka hana mau ‘ana, hā‘awi ‘ia ke ‘ano iā mākou i kēia lā. He aha hou a’e kā mākou makemake? Ke ho’okipa nei mākou i kekahi kānalua conting i ka na‘auao o ka

‘O ke ao holo’oko’a a i ‘ole ka ho’ohui ‘ana i ka ‘i’o e ho’oulu i ke kanaka e hana i nā mea lapuwale loa?

He mea no’ono’o a pō’ino ke mana’o e pono mākou i nā mea hou aku nā protein a i ‘ole nā mea waiwai ‘ē a’e ma mua o nā kino mea kanu. Inā he līlīlī wale nā proteins i loko o ka mea hope, ‘a’ole pono ko mākou kino i nā mea hou a’e, no ka mea, ‘o ia me kēlā mau nui i kūkulu ‘ia a ho’omohala ‘ia ko mākou kino i loko o ka manawa o nā miliona mau kenekulia.

Makemake nui kekahi po’e e kama’ilio mau e pili ana i ke kino-meia kukulu hale. Inā hiki ke ho’onui ‘ia ke ki’eki’e o kēlā me kēia hanauna ma ke ‘ano he ho’okahi millimeters ke ki’eki’e o kēlā me kēia hanauna, i kēia lā ua ho’onui ‘ia ke ki’eki’e o ke kanaka i kekahi mau mika.

‘A’ole hiki ke lawelawe ‘ia nā huaora artificial i hana nui ‘ia ma ke ‘ano he mea’ai mea’ai no ke kumu maopopo loa i ka manawa pinepine i loko o ‘elima mau minuke ma hope o ko lākou komo ‘ana i loko o ke kino kanaka e ho’ōki loa lākou i nā hana o ko mākou kino; ‘o ia ho’i, ho’okuke lākou iā mākou i ka make.

He mea pō’ino ka ‘ike pōkole ke mana’o ‘ana i kekahi mea’ai ma ke ‘ano he kumu no ka huaora kiko’i a i ‘ole kekahi mea ‘ai mea’ai. Ho’okumu ‘ia nā pūhui mea ola a pau me ka ‘ane’ane like, akā ‘oko’a ko lākou ‘ano kino a me nā waiwai kemika ma muli o nā ‘oko’a o kā lākou haku mele ‘ana a me ka molecular structure. No laila, ‘ike ka po’e a pau he ‘ano kemika like nā ‘ona a me nā kō (carbon, hydrogen a me oxygen), akā ‘oko’a loa lākou i ka waiho’olu’u, ka ‘ono a me ke ‘ano. Mālama ‘ia nā manu i loko o nā hīna’i me ho’okahi ‘ano hua a huapalaoa a hānai pinepine ‘ia nā holoholona holoholona i ho’okahi ‘ano mau’u wale nō. Eia nō na’e, loa’a kēia mau mea i kā lākou lako piha o nā protein, nā momona, nā huaora a me nā minela mai kahi ‘ano mea’ai i hā’awi ‘ia iā lākou.

‘O ka mālama ‘ana i nā ma’i ma o nā huaora wahahe’e, nā lā’au antibiotic luku a me nā mea make like ‘ole he mau ho’okolohua hope ‘ole i ho’okumu ‘ia ‘a’ole ma luna o ka aetiological a me ka no’ono’o kumu, akā ma ka ‘ikepili hō’ailona, ‘ike a kū’ē.

‘A’ole hiki ke ho’iho’i i ke koena maika’i o nā huaora kūlohelohe i puhi ‘ia i ke ahi; ‘a’ole hiki i ka lā’au make ke ho’oponopono i nā hana olaola ma’amaui o nā kino a me nā ‘ōpū i ho’oha’aha’a ‘ia; ‘a’ole hiki ke ho’ololi i nā lā’au antibiotic maoli i luku ‘ia i loko o ka lumi kuke.

Ho’ōla nā holoholona i ko lākou mau ‘eha ma ka palu ‘ana iā lākou. Hā’awi ‘ia kā lākou mea huna a me ka saliva me nā waiwai bactericidal. ‘O nā mea huna o ke kanaka ‘ai mo’a, ‘a’ohe o ia mau waiwai. Mālama ka mea ‘ai maka i ka pō’ino o ke anu nui ma o ka hui o nā mea huna i ho’oku’u ‘ia e nā ‘i’o o ka ‘ōpū hanu, ‘oiai ‘o ka mea ‘ai mo’a e ho’opuka i nā kahe o ka sputum a me ka hu’u, akā ‘a’ole hiki iā ia ke pale aku i kēlā pilikia like.

‘O ka makahiki o ka ‘ai ‘ana i ka mo’a ‘o ia ka makahiki e ho’ohui ai,
Noho Kī’eki’e ka Mana Mana’o a me nā Microbes

Ho’opuni ‘ia ka lā’au lapa’au o kēia wā e ka ‘upena ku’i o nā mana’o ho’opunipuni lapuwale. Ho’okumu ‘ia ka hana lapa’au holo’oko’a ma ka hō’ailona, ‘ike, ho’opunipuni a kū’ē i ka ‘ikepili, ‘oiai ‘o ka mea nui a me ke kumu kumu i kanu ‘ia i ka pōina. ‘O kēia ka ‘oia’i’o ‘o ka hana pono ‘ana o kēlā me kēia hale hana ma lalo o ka ho’olako ‘ana i ka lole lole o nā mea ‘ano like ‘ole i hō’ike ‘ia e ka ‘enekinia. Ma keia hihia, O NA MATERIAL RAW INTEGRAL O KA HALE HANA KANAKA, O NA KELE ALA’AI OLA A Aohe mea e ae.

Ua ‘ona ‘ia e kekahi mau kūle’a ‘enehana, no’ono’o ke kanaka o kēia lā iā ia iho i ka zenith o ka mo’omeheu, ‘oiai ‘oia’i’o ke kauo nei ‘o ia i kahi ola primitive, kūlohelohe a weliweli o ka moe’uhane. ‘O ka ‘ōlelo ma’amaui, ma nā ‘ano kālai’āina, ‘oihana waiwai, ka pono a me ke olakino e ho’omalua ‘ia ka mana’o a me nā mana’o o ke kanaka a alaka’i ‘ia kāna mau hana e nā mea ho’ohui ‘ino a me nā ku’una lapuwale. Ke pōina nei i nā pilikia ko’iko’i a ko’iko’i o ke ola, ho’onui nā kāne i nā mea lī’ili’i o ke ko’iko’i ko’iko’i a ho’ohuli iā lākou i mau nīnau ko’iko’i, a laila ho’opau lākou i ka nui o ka manawa a me nā kumuwaiwai, hana.

nā 'enemi, ho'okahe i nā moana koko a ho'olaha i ka pō'ino a me ka luku honua.

Ua pena ka po'e mō'aukala o ka wā i hala i nā kala 'ino'ino loa i nā ho'okupu a me nā ho'okupu i ho'oili 'ia e nā na'i aupuni 'ē. 'Oiai i kēia lā, i ka manawa a lākou e lawe ai i ka ho'okele o ka moku'āina, ua ho'ohana nā kāne i mana'o 'ia he civili a ho'ona'auao i nā 'ano kumu like 'ole e kā'ili 'ia ma mua o 90 pakeneka o ka nui o ka loa'a kālā o ko lākou po'e pono'i i mea e ho'okō ai i kā lākou mau mea ho'ohui a me nā makemake. Paipai lakou i ka hana paka, ka waiona a me ka waiona ole, ke ti, kakoo a me ke kofe, na mea a pau e hoopilikia ana i ke ola kino o na kanaka, alaila, haaheo lakou i ka pii ana o na loa'a aupuni mai ia mau kumu mai. E hau'oli paha ka makua kāne na'aupō o ka 'ohana i kāna keneta li'ilii i loa'a ma ka lilo o ka paona i ho'opau 'ia e kāna mau keiki, a 'o ka mea 'oi aku ka maika'i, i ke kumu kū'ai nui o ka ho'oha'aha'a 'ana i ko lākou olakino.

'A'ole loa'a i nā 'ōlelo a'oa'o a me nā 'ōlelo a'oa'o o kēlā me kēia mau huaora a me nā minela i nā hopena maika'i i 'ike 'ia mai ka 'oia'i'o, i ho'oulu 'ia e ka mana'o o ka ho'ohui ikaika loa, e ulu mālie nā 'ano mea'ai o ke kanaka ma kahi 'ano weliweli e paipai i ka ka hana 'ana i nā mea'ai pō'ino i nele i nā huaora a me nā minela. Me ka 'ole o ka ho'omaha li'ilii a i 'ole ka ho'omaha 'ana, e kū mau ana nā hale hana no ka hana 'ana i ka paka, nā mea inu 'awa'awa a me nā mea inu 'ole, nā kuki, nā mea 'ono, ka ice cream, sausages, nā mea'ai hiki, ka berena ke'oke'o, ka margarine a me nā mea 'ino 'ē a'e.

Hele mai kēia mau mea a pau e hō'ōia i ka hana o ko lākou ola i kēlā me kēia lā 'A'ole alaka'i 'ia ka po'e e ka no'ono'o ma'amaui, akā na nā mea ho'ohui a me nā mana'o ho'opunipuni lapuwale e pili ana i ka po'e 'ai 'ai. Aia i loko o kēia ao nā hui he nui e pili ana iā lākou iho i nā nīnau li'ilii a me nā nīnau lua o ka hoihoi i kaupalena 'ia. Ma kēia hope aku, 'o ke kuleana nui o ke kanaka civili 'o ia ka ho'okō 'ana i kahi ho'oikaika wikiwiki a ho'oholo e kū'ē i nā addictions a me nā superstitions o kēlā me kēia wehewehe. 'O kēia wale nō ke ala kumu e makemake ai ke kanaka

holomua i ka loa'a 'ana o ke ola nui, maluhia, 'olu'olu, olakino, lō'ihī a hau'oli āna i mana'o mau ai.

Aia i mua o ko'u mau maka ka hō'ōia 'i'o. Ma ka 'ai maka 'ole 'O wau wale nō ka'u i ho'opakele ai i ko'u ola, akā, ua ho'oku'u pū wau ia'u iho i kēlā mau ma'i e ho'omā'eha'eha mau ia'u a ua kipaku loa au mai o'u aku nei i kēlā mea weliweli o ka make mua. I ka makahiki 61, i ka wā i ho'ōki ai ka po'e 'ai kuke i ka hana a ho'omaha, ua loa'a ia'u ke olakino, ikaika, ikaika a me ka ikaika o kahi kanaka 'ōpio o 25.

No nā mahina ma hope, hana wau i 16 mau hola i ka lā, me ka 'ike 'ole o ka luhi. Ua paulele loa au e ola hou ana au i ka piha o ke ola o ka mea ai moa.

Ua olelo pinepine ia, e ai ke kanaka i mea e ola ai, aole e ola no ka ai. 'Ānō ua hiki mai ka manawa e hō'ōia ai 'o wai ka po'e i mana'o i ka 'ai 'ana i mea e ho'opau ai a 'a'ole i ka hopena. E hahai i kēlā po'e i ka'u hi'ohi'ona, e komo i loko o ke kahua pā'ani, e hui lima i kahi kumu ma'amau, e hakakā me kēlā me kēia mea ho'ohui kanaka a wehe i ke ala i kahi ola hou a hau'oli no nā kānaka āpau.

'O nā kumuhana i kūkākūkā 'ia ma kēia puke 'a'ole ia he nīnau kūikawā e pono ke kūkākūkā 'ia ma hope o nā puka pani. He mau mea ia e pili ana i ke kanaka holo'oko'a a pono e no'ono'o 'ia i ka lehulehu i hiki i nā mea a pau ke 'ike i ke kino maoli o kona kino.

Na ka poe a pau i makemake i ke ola kino o lakou iho a me ka lakou mau keiki, e hookiekie i ko lakou leo, a e koi aku i ka poe kua i na kumu o ka ai maka, e waiho mai i ka lakou mau olelo hooheha i ka nupepa, i loaia ia'u na manawa kūpono e hā'awi iā lākou i nā pane kūpono a pēlā e ho'opau ai i ka kānalua o ka lehulehu i ke a'o 'ana o ka 'ai maka.

Pāku'i

Ho'opili pinepine ka po'e heluhelu i ka'u mau puke e pili ana i ka 'ai maka ia'u ma ke kino a ma ke kākau 'ana a nīnau i nā kiko'i o kahi mea'ai 'ai maka. I kēia manawa, 'a'ohe papahana o ka mea 'ai maka no ke kakahiaka,

‘aina awakea a ahiahi paha. ‘Ai ‘o ia i nā manawa a pau āna e makemake ai, ‘o nā mea a pau āna i makemake ai a me ka nui o kona makemake. Akā, no ka mea, ua ma‘a ka po‘e ‘ai i kuke ‘ia i nā hola kūikawā a me nā kānāwai o ka hānai ‘ana, makemake lākou e ‘ike i ke ‘ano o ka ‘ai maka, i ho‘oponopono ‘ia ma lalo o kekahi mau lula, e ‘ae. ‘A‘ohe mea pō‘ino i loko.

‘Oia‘i‘o, ma mua o ka hiki i ke kanaka ho‘okahi ke hana i nā ‘ano kiko‘i kiko‘i a me ka ho‘olālā ‘ana i nā menus like ‘ole e ho‘okomo i ka nui o nā kī‘aha hou. ‘O nā ‘ano kī‘aha like ‘ole i ho‘omo‘a ‘ia a me nā mea‘ai degenerated a mākou e ‘ike nei i kēia lā, ua ho‘omohala mālie ‘ia, i loko o nā makahiki he mau makahiki a me ka ho‘oikaika ‘ana o nā tausani o nā kānaka.

I ka wā e ‘ike ai ka po‘e ‘o ke ‘ano o ka hānai ‘ana i ka ‘ai maka, e ‘ike ‘ia nā ‘ano mea ‘ono he nui, e like me ka pō.

Inā ho‘olilo ‘o ia i kekahi mau pule o kāna manawa ma‘amau i ka kuke ‘ana, hiki i kēlā me kēia wahine hale ke ho‘oma‘ama‘a, e like me kona ‘ono pono‘i, i nā ‘ano mea‘ai hou maika‘i loa ma ka hui ‘ana o nā mea‘ai maka he nui i loa‘a iā mākou; a ma ka hana ‘ana pēlā, e ho‘onui ‘o ia i ka papa kuhikuhi ma‘amau i ka manawa like. E lawe kākou i ko kākou ‘ohana pono‘i i kumu ho‘ohālike.

Ma hope o kekahi mau ho‘ā‘o ‘ana ua hiki ia‘u ke ho‘oholo ‘ia e hui pū ‘ia nā mea‘ai e like me ka palaoa, ka pulupulu, ka ‘uala, ka aubergines a me ka momona, ‘o ka ‘ai maka i mana‘o ‘ia he hiki ‘ole i nā mea ‘ai mea‘ai, hiki ke ho‘ohui ‘ia i nā ‘ano like ‘ole e hana i nā salakeke ‘ono e like me ka makemake. ‘o ia ho‘i ka ‘i‘o ‘i‘o ‘oi loa.

Ho‘omo‘a mākou i ka palaoa, ka lentil, ka moa, ka pī, a pēlā aku i ka wai nui. Ke ho‘omaka lākou e ulu i ho‘okahi lā a ‘elua paha, holo i mākou iā lākou me ka wai hou. A laila ho‘okahe mākou i kēia wai, uhi i ka ipuhao me kahi po‘i a waiho i kahi wahi anuanu. Ma kēia kūlana hiki ke ‘ai ‘ia no ‘ekolu a ‘ehā mau lā. Hiki ke lawe ‘ia me nā huawaina, nā walnuts, nā lā a me nā mea ‘ai ‘ē a‘e he nui a i hui pū ‘ia me nā salakeke like ‘ole.

Ke makemake mākou e ho‘omākaukau i ka salad, ho‘ohele mākou i ka palaoa, nā lentils, a me nā mea ‘ē a‘e ma o ka mīkini mincing, a ‘oki i ka ‘uala a me nā kāloti ma kahi maika‘i.

grater; a laila 'oki'oki mākou i nā kukama, nā 'ōmato a me nā aniani i nā 'āpana lahilahi me ka pahi, a 'oki'oki i ka pepa 'ōma'oma'o a me nā 'ano mea kanu 'ōma'oma'o.

Ho'ohui mākou iā lākou a pau a ho'ohui i ka 'aila 'oliva maka, ka wai lemon hou a me kahi wai puna hou. Hiki i kekahi ke ho'ohui i ka walnuts, nā huawaina, nā lā, a pēlā aku. 'O ka nui pili o nā mea'ai e pili ana i ka 'ono o kēlā me kēia. I ke kauwela he mea'olu'olu ke'ai'ana i kēlā mau salakeke iced.

Ma ka lawe 'ana i ke 'ano o ka ho'omākaukau 'ana i kēia salakeke ma ke 'ano he kumu, hiki ke ho'omākaukau i nā 'ano salad he nui i nā 'ono a me nā hi'ohi'ona like 'ole me ka ho'ohana 'ana i nā 'ano greens a me nā 'ano mea kanu 'ē a'e, e like me ka spinach, letus, aubergine, beetroot a, ma ke 'ano laulā. , 'o nā mea a pau a kā mākou māla mea'ai e hā'awi ai, akā 'o nā mea pono o ka salakeke 'o ia ka palaoa, ka pulupulu a me ka 'uala.

Pono e lilo kēia salakeke i mea'ai kumu no nā kānaka a pau. 'O kēia mea'ai, 'o ia ka mea'ai piha loa no ka po'e waiwai a me ka po'e 'ilihune, 'oi aku ka maika'i o ka hā'awi 'ana i ke olakino, ho'oikaika, ho'omā'ona, mea'ai a me ka li'ilii'i. He kī'aha i loa'a nā mea pono a pau no ke ola lō'ihi a olakino. He palapala ia no na ma'i a pau. 'O kahi pā'ina o kēia 'ai, a me kahi hua li'ilii'i hou aku, ua lawa ia e kūpono i nā koi o ke kanaka i kēlā me kēia lā a i ka manawa like e hā'awi iā ia i ka pale maika'i loa i kēlā me kēia 'ano ma'i.

E no'ono'o ana i ke aloha pili o kekahi mau 'ano no ka li'ilii'i o nā hua'ai i ka ho'oilo, mana'o kekahi po'e e 'oi aku ka pipii'i o ka 'ai maka. Mana'o lākou 'a'ole pono e 'ai ka mea 'ai maka i nā hua hou wale nō i nā makahiki a puni. 'O kēia, 'oia'i'o, 'a'ole 'oia'i'o. Aia kekahi po'e e ho'opau i ka 'ai nui me ka nui o nā hua'ai. Inā 'ai kēlā po'e i kēlā hua me kahi hapa o ka berena a lākou e 'ai mau ai (akā ma ke 'ano o ka palaoa, 'oia'i'o), e 'ike lākou iā lākou iho ua mā'ona. Ma kēia 'ano, e ho'opakele 'ia lākou i ka lilo a me ka pilikia o ka ho'omākaukau 'ana i nā mea'ai mo'a, kī, pākī a me nā 'ano mea 'ai 'ē a'e a pau.

Aia kekahi mau mea'ai, e like me ka palaoa, ka wōnati, nā hua'ai a'a, i loa'a i nā kau a pau o ka makahiki me ka li'i li'i o nā kumukū'ai. Eia kekahi, hiki ke ho'ohana 'ia nā hua hou i ka wā pono; No laila, i ka wā e nui ai ka mulberry, hiki iā mākou ke hānai nui iā mākou iho i ka mulberry, a pēlā pū me nā hua waina a me nā hua'ai 'ē a'e.

I ka wā ho'oilō, hiki ke ho'oinu 'ia nā 'ano hua'ai malo'o maoli i ka wai anuanu, e lilo i compote maka a hau'oli nui. I kēia compote hiki iā mākou ke ho'ohui i kekahi mau nati, pistachios, hua palaoa, cardamom a vanilla pauka, a me nā mea 'ē a'e.

Ma waho a'e o ka 'ai 'ana i nā walnuts, nā 'alemona, nā pistachios a me nā nati hazel i ko lākou 'ano maoli, i hui pū 'ia me nā hua malo'o 'ē a'e, hiki iā mākou ke wili iā lākou a ho'ohana iā lākou i nā 'ano 'ano like 'ole, a i 'ole hiki iā mākou ke hui pū me ka hotchpot hua'ai maka a i 'ole nā compotes like 'ole. 'O ka mea 'olu'olu loa o ka mea 'ai maka 'o ia ka "Halva" a i 'ole ka 'ono o ka walnuts, almonds a pistachios. Ho'opili 'ia kēia mau mea, 'ala 'ia e 'ono me ka cardamom, vanilla a i 'ole saffron a 'oki'oki i loko o nā 'āpana li'i li'i. 'Ai 'ia kēia Halva me ka le'ale'a nui loa me nā mea kanu 'ōma'oma'o like 'ole. Hiki ke ho'okomo 'ia i loko o ka lau letus a 'ai 'ia e like me ke 'ano sanwiti. 'O ka wai i hui pū 'ia me ka wai lemon hou ka mea inu maika'i loa e hā'awi 'ia i nā k

I ka hopena, pono hou e ho'omana'o i ka mea heluhelu i kahi loa kūlana ko'iko'i e pono e ho'omana'o mau. I ka wā mua o ka 'ai 'ana i ka mea'ai maka hiki ke loa'a i nā 'ano 'ano 'ino like 'ole, hiki ke waiho i ka mana'o he pō'ino nā mea'ai maka iā lākou a ho'onāwaliwali iā lākou a ma'i paha. Pono e ho'omana'o 'ia 'o nā mana'o kuhi hewa a me nā pō'ino i ka dietetics ke kumu o ia mau mana'o 'ike a kū'ē. No laila, 'a'ole pono e lilo nā hō'ailona o waho i kumu no ka ha'alele 'ana i ka hana i ka hapalua. Pono e kali i nā hopena hope loa, hiki ke lawe i kekahi mau pule a i 'ole mau mahina e hiki mai ana. Akā inā hui pū 'ia nā mea'ai i mo'a me nā mea'ai maka, hiki ke lohi loa ia mau hopena a 'a'ole maika'i a 'ike 'ole paha.

‘O ko lākou mau pilikia he mea ‘ē a’e wale nō ka ho’ōla ‘ana, a ma ke kūrē ‘ana i hō’ike ‘ia iā lākou e hiki ai iā lākou ke ho’oku’u iā lākou iho mai nā ma’i āpau i ‘ike ‘ole ‘ia.

‘O ka mea mau loa o kēlā mau pilikia, ‘oia’i’o, ‘o ka makemake mea’ai mo’a. Eia na’e, e ho’omana’o mau ‘ia, ‘o ka ho’oulu ‘ia ‘ana o ka "pōloli" i ‘ike ‘ia ma lalo o ia mau kūlana, ‘a’ole ia e ho’oulu ‘ia e nā cell ma’amau a olakino paha, akā e nā cell degenerate, pono ‘ole a hana ‘ole a me nā mea ‘awa’awa i hō’ili’ili ‘ia i loko o ke kino; ‘o ia ho’i, e ka ma’i e ho’opau i ke kino. No laila, ma ka ho’omanawanui ‘ana a me ka pale ‘ana i kēlā mana’o o ka "pōloli" e hiki ai iā mākou ke ho’opau i kēlā mau mea ‘awa’awa, e ho’opau i ka noho ‘ana o nā cell waiwai ‘ole, kūkulu i ka ho’opiha pono o nā cell ikaika a ho’opa’a i ho’okahi manawa no nā pōmaika’i āpau. Kou ola pono. ‘O ka ho’omanawanui ‘ana o kēlā "pōloli" i kēlā me kēia hola he lanakila ia i kā mākou hakakā ‘ana i ka ma’i.

Teherana, 1963

MAHELE ELUA

‘O ke kūkulu ‘ana i ke kino kanaka

‘O nā kumuhana a’u e kūkākūkā nei ma kēia puke, ‘a’ole ia he pilikia kūikawā. He mau nīnau ia e pili ana i ke kanaka holo’oko’a. Pili lakou i ka poe kino a ola; pili lakou i ka poe waha a pau i ka ai. ‘O ia ke kumu e ho’ā’o mau ai au e kākau ma ka ‘ōlelo ma’alahi e like me ka hiki, me ka ho’okumu ‘ana i ka’u mau mana’o ma luna o ka ‘ikepili ākea a me nā ho’opa’apa’a, me ka ho’opa’a ‘ole ‘ana i ka’u kākau ‘ana me nā kiko’i ‘eppekema a me nā hua’ōlelo indigestible e like me ka ‘ike ‘ole o ka hapa nui o ka’u po’e heluhelu. Ma ka’u mau ho’opa’apa’a, ‘a’ole wau i hilina’i ma luna o ka lehulehu o nā ‘ikepili ‘ike a kūrē i loa’a i loko o ka hale hana ma o nā ala kūpono ‘ole a i ‘ole, ‘oi aku ka maika’i, ma luna o nā kuhi hewa e pili ana i ia ‘ikepili. ‘O nā hō’oia’i’o a’u e hō’ike nei, ‘o ia nā kāmāwai hiki ‘ole o ke ‘ano a me nā hopena ākea e like me ka mea i loa’a ma ke kumu

‘ike, a hiki i kēlā me kēia kanaka ma kēlā me kēia kihi o ka honua ke ho‘ā‘o a hō‘oia nona iho.

‘O ka ‘oia‘ī‘o, he ma‘alahi ka mana‘o o ka ‘ai maka a hiki ke hō‘ulu‘ulu ‘ia i ‘elua mau ‘ōlelo ma‘alahi: ua hana pū ka mea nāna i hana ke kino o ke kanaka i kāna mau mea pili; ke hā‘awi aku mākou i kēlā mau mea maka i ke kino holo‘oko‘a, me ka ho‘opili ‘ole ‘ana iā lākou, e ho‘opau ke kino o ke kanaka i kona manawa piha o ke ola me ka loa‘a ‘ole o nā ma‘i.

‘O kēlā me kēia kanaka i hiki ke ho‘omaopopo i ke ‘ano maoli o ia mau ‘ōlelo ‘elua a hā‘awi i ka no‘ono‘o a me ka no‘ono‘o pono e hiki ke ‘ike i ke ‘ano pō‘ino o ke ‘ano mea‘ai o ke kanaka o kēia mau lā. Hiki iā ia ke ‘ike me ka ma‘alahi ma ke ‘ano o ka hakakā ‘ana i nā ma‘i kanaka no nā kenekulia i hala, ua hele nā kāne i nā ala e like me ke kuhihewa a me ka pō‘ino, a ‘o ia ho‘i, ‘o ia mau mea āpau he pili li‘ili‘i loa i nā kumu kumu o nā ma‘i. .

Ma hope o nā makahiki o ka no‘ono‘o pono a me ka ‘ike pilikino pilikino, i kēia lā wau ‘a‘ohe kānalua i ka mea ‘a‘ole i ho‘oku‘u wale ka ‘ōnaehana kūlohelohe i ke kanaka mai nā ‘ano ma‘i āpau, akā hā‘awi pū kekahi i kēlā me kēia kanaka i kahi ola lō‘ihi kupaianaha i piha i ka maluhia, hau‘oli a me ka hō‘olu‘olu.

‘O ke ola o ke kanaka o kēia mau lā he moe‘uhane weliweli ia, i ho‘opili ‘ia e nā hewa he nui, nā mea ho‘ohui a me nā hewa. ‘Oia‘ī‘o, he mea pono e ho‘opiha i nā tausani o nā puke i mea e wehewehe pono ai i nā hewa a pau o ke kanaka, e helu kiko‘ī i kāna mau hana hewa o ka hānai ‘ana, e kuhikuhi pono i ka ‘ino ‘ino o kona ‘ano a me ka hō‘ike ‘ana i kekahi. ‘o kekahi o nā ‘ano kuhihewa like ‘ole e hakakā ai i kēlā mau ‘ino. Akā, ‘o ka pilikia nui i mua o kākou, ‘o ia ka ‘ike maopopo ‘ana o kēlā me kēia kanaka i ke ‘ano o ka hānau ‘ana o nā ma‘i a me ke ‘ano o ka ho‘opau ‘ana i kēlā mau ma‘i i ho‘okahi manawa.

‘O ka mea mua, pono e ‘ike i ke ‘ano o ko mākou kino i kūkulu ‘ia a he aha ka mea‘ai.

E like me kā mākou 'ike, ua 'ike mua 'ia ke ola ma kā mākou honua ma ke 'ano o nā mea ola ho'okahi. Ma hope mai, ua hui pū kēlā mau kino unicellular e ho'okumu i nā hui like 'ole a ho'olilo i nā mea ola multi-cellular. 'O ka hui mua 'ana o kekahi mau cell i ka wā o ka manawa e ulu a'e i kahi nui e hānau ai i kahi mea ola o nā milliards cell.

He mea pa'akikī kēlā me kēia cell nona iho, akā pēlā loa'a i nā meaola ko lākou mau pae like 'ole o ka ulu 'ana. 'O nā mea ola unicellular kahiko loa he amoebae o ka hale ha'aha'a loa, e ne'e ana i loko o ka wai no ke kumu 'ole. 'O kā lākou hana wale nō ka 'imi 'ana i ka mea'ai, ka 'ai 'ana, ka 'eli 'ana a me ka ho'onui 'ana ma ke ka'ina ma'alahi o ka māhele 'ana iā lākou iho i 'elua. Loa'a iā lākou ko lākou mau 'ōpū ho'ohehe'e kumu, i ulu mālie i ka wā e hele ana. I ka wā ma hope o ka ho'omohala 'ana, ua hui pū 'ia kēlā mau cell iā lākou iho e hana i nā mea ola multi-cellular. I nā hua'ōlelo 'ē a'e, ha'alele lākou i ko lākou ola 'ole o ka individualism kaawale, hele lākou i ke ola o ka hui pū 'ana, kahi i loa'a i kēlā me kēia cell kahi hana kūikawā e hana ai i ke 'ano aggregate o nā hana hui.

Ho'ohālikelike i ke ola pilikino o ke kanaka primordial, ma mua o ia hiki ke kama'ilio maika'i, me ke ola co-op o kēia mau lāhui nui, kahi e hana like ai nā hui ka'awale. Akā, i loko o ko kākou kaiaulu holomua o kēia mau lā, e 'ike paha kekahi i nā mea pono 'ole, na'aupō, parasitic a me nā mea hewa e ho'omana'o nei i ko mākou mau kūpuna palaualelo o nā lā kahiko. Akā na'e, noho pū kēlā mau mea ola me nā kāne o ke kālena a me ke akamai.

Pēlā nō ia i ke kino o ke kanaka, kahi e ho'omau mau ai nā cell parasitic i ko lākou noho 'ana me nā pūnaeweale pono loa i kahi pae holomua o ka ho'omohala 'ana. Aia i ke kino o ke kanaka kona mau hui like 'ole a me nā 'oihana, i kapa 'ia 'o glands, organs, system, a pēlā aku. Ho'okō kēlā mau 'āpana a me nā 'ōnaehana i kā lākou mau hana ma o ka ho'oikaika like 'ana o nā pū'ulu kūikawā. He mea'olu'olu e ho'omaopopo'a'ole hana kēia mau pūnaeweale kūikawā i kā lākou mau hana kūikawā ma ke kōkua'ana o nā mea kani kūikawā a

nā mea hana i kūkulu 'ia ma waho; akā, ua ho'ololi 'ia kēlā me kēia o lākou iho, ma o kona 'ano holo'oko'a, i hale hana pa'akikī loa.

No laila, ua hā'awi'ia nā pūnaewe e hana i nā pu'upa'a me nā mea ho'okahe kūikawā a me nā kānana e ho'oka'awale ai lākou mai ke koko a kipaku aku me ka mimi i nā haumia a me nā mea'awa'awa e pō'ino ai ke kino; lawe nā pūnaewe i nā mea pono mai ka wai intercellular ('a'ole i 'ike 'ia nā mea maka i loko o ka mea'ai i ho'omo'a 'ia) a, e ho'ohuli iā lākou i hormones, hā'awi iā lākou i ke kino; Loa'a i nā pūnaewe o nā 'i'o ka mana contractile kūikawā e hiki ai iā lākou ke hana i nā hana kino a hana i nā hana mechanical kaumaha; 'o ka hope loa, ua ho'oikaika 'ia nā pūna'i a'alolo me nā iwilei o nā kaula e ho'ouna 'ia ai nā kauoha a ka lolo i ke kino holo'oko'a. No laila, he hale hana pa'akikī kēlā me kēia pūnaewe o ke kino kanaka, 'oko'a kāna mau hana mai nā mea o kona mau hoalauna, e ho'omaka ana mai nā ke'ena o nā kui, ka lauoho, nā iwi, nā 'i'o a me nā 'ili a hiki i nā ke'ena o ka lolo.

'A'ole kānalua, he mea hoihoi loa ka ho'opau 'ana 'ike i ke 'ano o nā cell a me ke 'ano o nā hana a me nā ka'ina hana a pau i loko o lākou. Ina paha e hiki i ke kanaka ke komo iloko o na huna huna a pau o na keena a me na hana like ole, aole pono e hoopiha i na tausani wale no, aka, he mau miliona buke no ka wehewehe ana ia lakou, oiai e pono ana no kela mea keia mea o kakou i ke kakini ola. loa'a i kahi 'ike pōkole o nā mea a pau i kākau 'ia.

Kūlike 'ole i nā 'ōlelo ho'okano a kekahi po'e ha'aheo, kanaka li'ilī'i loa ka 'ike e pili ana i kēia mau mea a pau. Me kēlā me kēia holomua o kāna a'o 'ana, pono 'o ia e 'oi aku ka mana'o o ka 'ike i hiki iā ia ke loa'a he 'āpana li'ilī'i loa ia o ka mea i hūnā 'ia mai iā ia. Eia na'e, 'ona 'ia e kekahi mau kūle'a 'enehana, no'ono'o ke kanaka o kēia lā iā ia iho i ka zenith o ka hemolele 'epekema a me ka 'ole o ka 'ae a me ke ke'ake'a 'ole 'o ia e ho'opili i kēlā hana mana, ke kino kanaka. 'Oia'i'o, he ha'aha'a loa 'o ia ma o ka weliweli loa

ho'opa'apa'a a me nā mea 'awa'awa weliweli loa, ua hana 'o ia i nā ho'okolohua pupule i mea e ho'oponopono ai i nā ma'i i 'ike 'ia i loko o ia kino. No ka mea, 'a'ohe mea i hana 'ia i kēia manawa e nā HO'OPI'I, KA HO'O'I A ME NA HO'OPI'I. Eia kekahi, hana 'o ia i kēlā mau ho'okolohua 'a'ole wale i nā holoholona pale 'ole, akā i kona kino pono'i, i kāna mau keiki aloha, i nā kānaka āpau. 'A'ole 'o ia i 'ike i nā mea 'ē a'e e loa'a ai kāna pahuhopu.

Akā, pono mākou e nānā mau i kahi 'oia'i'o hiki 'ole ke ho'opi'i 'ia: 'o ke kanaka i 'ike 'ole i ka hana 'ana o ka wati ma'amau, 'a'ole pono e hana e ho'oponopono iā ia, no ka maka'u e ho'olei i ke 'ano holo'oko'a i loko o ka haunaele ma ka ne'e hewa 'ana o ka lima. 'O nā ho'okolohua i hana 'ia e ka po'e 'epekema o kēia lā e ho'ohālikelike 'ia me ka hana na'au'au a ka mea hana i hana i loko o kahi hale hana no kekahi mau lā, e ho'ā'o nei e ho'opau i kāna mīkini a hui hou.

I ka hihia o ka ma'i acute ka mea ho'ōla mea mau 'ano, akā, ka 'o ka lā'au lapa'au e pili ana i ka maika'i o ka lā'au lapa'au, 'oia'i ma nā manawa he nui i make ka ma'i ma muli o ka lawelawe 'ana i nā lā'au lapa'au, 'o ka make mau ke kumu o ka ma'i. Pono e ho'okūpa'a 'ia i nā ma'i ma'i, nā lā'au lapa'au, ma ke 'ano he kānāwai, e ho'onui i ke kūlana a ho'opilikia i ke kino.

A laila, he aha ka mea e pono ai ke kanaka e hana i ka wā e ho'omaka ai kāna mau kino e hana ma'amau? Aia kekahi ma ka honua i kama'āina i nā kiko'i āpau o ke kino o ke kanaka e like me ka 'ike 'ana o ka 'enekinia i nā kiko'i o nā 'āpana like 'ole o kāna hale hana, a hiki i ka wili hope? 'A'ole na'e. E like me ka'u i 'ōlelo ai ma luna, hiki ke hā'awi 'ia ka ho'oponopono 'ana i kekahi mīkini i kēlā loea wale nō i loa'a ka mākaukau a me ka hiki ke ho'oka'awale i nā 'āpana āpau o ka mīkini i hā'awi 'ia a ho'ohui hou iā lākou. Akā, pehea ka mamao o ke kanaka mai ka ho'okō 'ana i kēia pahuhopu ma ke 'ano o kona kino pono'i!

He aha ka mea e pono ai ke kanaka e hana ma ia mau kūlana? Pono anei 'o ia e pelu i kona mau lima a ha'alele iā ia iho i nā caprices fickle o kona hopena, a i 'ole

lawe mai i ka pō'ino i ke po'o ma ka hana mau 'ana o nā mea 'awa'awa hou a me nā ho'okolohua pupule i hana 'ia me lākou? 'A'ole kekahi a i 'ole kekahi. 'O ka pōmaika'i, aia kahi ala wikiwiki a ma'alahi loa e hiki ai i ke kanaka ke ho'oku'u iā ia iho mai nā ma'i āpau.

Ke kūkulu ka 'enekinia i hale hana, ma o ka makemakika Ho'oholo 'o ia i ka maika'i a me ka nui o nā mea maka a pau e pono ai no kēlā hale hana, a me ka mālama pono e mālama 'ia no ka hana a me ka mālama 'ana i kāna mīkini. A laila hō'oiā'io 'o ia i ke ola hana o ka hale hana i hā'awi 'ia, inā e mālama 'ia kāna mau 'ōlelo me ka mālama.

He aha ka Nutrition?

E like me ka hana 'ana o kēlā me kēia 'enekinia i nā helu kiko'i e wehewehe i ka 'O nā mea waiwai pono no ka hale hana āna i ho'olālā ai, no laila, ma o ka helu pololei loa, ua ho'omohala ka Nature nani i nā mea pono no nā holoholona āpau me ke kanaka.

Ke makemake mākou e kūkulu i hale hana ma'amau, 'o ka mea mua mākou e kūkulu i kahi hale kūpono, a laila ho'okomo mākou i loko o laila i nā mīkini pono āpau a me ka dynamo, a 'o ka hope, i mea e ho'omaka ai ka hale hana, hā'awi mākou i ka wahie e pono ai. a me nā mea maka. I kēia manawa, no ka mea he pa'akikī loa ka hana 'ana o ke kino kanaka, he 'ano pa'akikī kona mau mea maka, aia nā mea he nui.

Ua ho'okō 'o Nature i ka nui o nā hana ma ia ala. 'O ka mea mua, no ka hana ma'alahi o nā pūnaeweale ua ho'omākaukau'o ia i nā mea hale ma'alahi, e like me ke'ano o nā pūnaeweale. No laila, koi nā 'āpana o ka lauoho i kekahi 'ano mea kūkulu hale, 'o nā mea o nā kui ke 'ano 'ē a'e. Pela no na keena o na io, kelepa, aalolo, a pela aku. Akā, 'a'ohe pono o nā pūnaeweale o ia 'ano ma'alahi; pono e hā'awi 'ia kēlā me kēia o lākou me nā lako kūpono e pili ana i kāna hana pono'i, no laila e pono ai nā mea kūkulu hale. 'O ka hope,

pono e ho'olako i kēlā mau pūnaewe me ka ikehu a hā'awi i nā mea pono e pono ai no nā hana ho'ohua o nā glands.

Ma muli o kona hā'awi 'ole 'ana, ua hō'ulu'ulu 'o Nature i nā mea āpau nā mea waiwai, a hiki i ka 'umi tausani. Loa'a i kēlā me kēia o ia mau mea kona nui pololei. No laila, no kekahi 'ano mea e pono ai mākou i ho'okahi kaukani kalama, 'o kekahi 'ano ho'okahi wale nō grama, 'o ka hapakolu e like me ka hapa tausani o ka gram. 'O kēia ke kēnāwai hana ma nā hale hana a pau. He mea nui ia e ho'ohana mau 'ia kēlā mau mea i nā cell i nā nui i koho mua 'ia. 'O ka mea nui, pono e mālama pono 'ia e hō'ioia 'a'ole i ha'alele kekahi o lākou mai ka hō'ilī'ili aggregate.

'O kēlā me kēia kanaka, na'auao a ma'alahi, waiwai a me ka 'ilihune, 'o ia wale nō ka mea nona kona kino pono'i a 'o ia wale nō ke alaka'i kuleana no kēlā ao kupanaha o nā galaxies i loko.

He mea hoihoi i ka ike i na mea ola a pau ma keia Honua, mai he Aneti a i 'ole Sparrow i ka Elephant, e 'ike i ka hō'ilī'ili 'ana a ho'ohana piha iā ia no kā lākou mea'ai.

Paradoxically lawa, mai ka wana'ao o ka civilization kanaka wale, ma ke ano he mehamaha i loko o ke ao holo'oko'a holo'oko'a, ua ha'alele i kona mau noonoo a pau loa nalo aku i ka pono o na mea pono pono no kona pono pono. 'O ia ke kumu i hana ai 'o ia i ke ao a me ka pō i loko o kāna mau hale hana a me nā hale noi'i noi'i, hana i nā 'ano ho'ā'o a me nā ho'okolohua like 'ole, 'ike i nā mea like i kēlā me kēia, hana wikiwiki i kāna mau hale hana, hana i nā inoa 'ē no lākou, ho'opiha iā lākou i loko o nā pahu a me nā 'ōmole. , a hoopuehu ia lakou a puni ka honua, i ale na kanaka ia lakou, aole pololi. A kapa 'ia kēia mau mea 'epekema.

Me ka 'ike 'ole i kā lākou hana, ua komo nā 'epekema ke kahua hoole i ke ano. Ua makapō 'ia e nā mea ho'ohui, 'a'ole hiki i kēlā mau kāne ke 'ike ma o nā miliona a me nā miliona o nā makahiki a me nā helu pololei loa a ko mākou makuahine honua, i kāna Providence, i hui pū ai, ua ho'opili i nā mea kanu a ua ho'opiha i nā mea āpau.

honua me kēlā mau mea waiwai nui a lākou i ho'omaka ai e 'ike, ho'okahi.

Ua iho mai na mea ola a pau o ke ao nei mai ka nā kūpuna ho'okahi, akā i ka wā lō'ihi, ua lawe lākou i nā 'ao'ao evolutionary like 'ole. 'O ka 'oko'a anatomical a physiological ma waena o ke kanaka a me nā holoholona 'ē a'e he lī'lī'i loa.

E like me ke kanaka, he pu'uwai ko ia mau holoholona, he māmā, he ate, he pu'upa'a, he koko, he iwi, he lolo, a pēlā aku. Ke kōi pono nei ko lakou mau kino i na mea ai e like me na kino o ke kanaka. 'O ka hewa nui loa i hana 'ia e ka mea noi'i biologist, 'o ia ka ho'opau 'ana i ka manawa a me ka ho'oikaika 'ana i ka ho'okolokolo 'ana i nā pilikia ko'iko'i, mea 'ino a kū'ē 'ole, kahi āna i ho'opa'a ai i kona lolo a ho'opuehu i kona no'ono'o, ma kahi o ka hilina'i 'ana i nā 'oia'i'o a me nā 'ikepili. e like me ka mea i loa'a iā ia a ho'okumu i kona 'ike i nā hopena i loa'a ma nā ho'okolohua kumu.

Pono kākou e ho'omaopopo i ka 'ohi 'ana o ka holoholona i ka lau "ma'alahi" mai kahi kumu lā'au i loko o ka ululā'au, ua ho'omā'ona 'o ia i nā pono a pau o kona kino ma ka 'ai 'ana i kēlā lau "ma'alahi". I loko o kēlā lau ho'okahi, ua ho'okumu ke 'ano i nā mea āpau e pono ai ke kūkulu 'ana i nā sela hou i loko o ke kino o kēlā holoholona; e ho'oka'awale i kēlā mau pūnaewe, e hānai iā lākou a hā'awi iā lākou i ka ikehu, a i ka hopena e hā'awi i nā mea waiwai pono no nā 'ōpū.

I ka pōkole, aia i loko o kēlā lau nā mea maka i kaulike piha no ke kino holoholona; 'O kēlā lau ka mea'ai kūpono no ka holoholona.

'O nā 'ano 'ano mea'ai a pau o nā mea kanu ma'a i loko o ka Nā Kūlana like

Inā 'a'ole hiki i ka holoholona ma luna ke loa'a kahi mea e 'ai ai ma waho o kēlā lau, pono e 'ai i kēlā 'ano mea'ai no nā mahina a i 'ole mau makahiki ma hope, 'a'ole e 'ike kona kino i ka hemahema o nā huaora a i 'ole nā mea'ai 'ē a'e no ia mea. 'A'ohe mea 'oko'a inā

ma kahi o ka lau o ka laau, aia kekahi mau mea kanu e ae.
'O ka mea nui, 'o ia ka mea'ai e 'ai ai he NATURAL AND INTACT.

Ke waiho lākou i kahi ana o ka mea'ai ma mua o ka lio a me ka hoki, 'a'ole lākou hopohopo iā lākou iho no ka mana'o 'a'ole lawa ka nui o nā protein a me nā huaora no ka holoholona, 'oiai 'ike maopopo mākou he pono nā holoholona, e like me ke kanaka. kēlā me kēia 'ano huaora, minerala a me nā mea waiwai 'ē a'e.

Hiki i nā kānaka a pau ke 'ike maopopo i ke koho 'ia 'ana o nā mea'ai a nā kaukani o nā 'ano holoholona like 'ole i kaupalena 'ia 'a'ole hiki iā lākou ke koho a koho i kā lākou makemake e 'ai. Pono lākou e noho ma luna o nā 'ano mea'ai ma'amaui i loa'a ma ko lākou wahi kokoke.

Eia na'e, 'a'ole hiki iā mākou ke 'ike i ho'okahi hihia o ka avitaminosis a i 'ole kekahi hemahema mea'ai ma waena o lākou.

Inā lawe 'oe i nā mea'ai i 'ai 'ia e kēlā mau holoholona i loko o ka nā ke'ena hana o nā mea olaola, i loko o kēlā me kēia o lākou e 'ike ai i kekahi mau mea o nā 'ano like 'ole a me nā nui. A laila e ha'i lākou iā 'oe i loko o kahi mea kanu he nui ka protein, nui ka momona a me ka nui o ho'okahi huaora a i 'ole. No laila, i loko o kēlā me kēia mea kanu e helu lākou i kahi 10-15 mau mea i loa'a iā lākou a e ho'oholo pono i kā lākou nui i kēlā me kēia. 'Oiai i loko o nā hua momona loa, ua kaupalena 'ia ka helu o nā mea i loa'a iā lākou i ka 'ike. 'O ka 'oia'i'o, 'a'ole kēia e hō'oia'i'o i kēlā me kēia mau mea'ai aia wale nō ka 'umi a 'oi aku paha nā mea i loa'a iā lākou; akā, he hō'ailona ia i ka lawa 'ole o kā lākou mākaukau 'enehana a me nā kumu waiwai no ka nānā 'ana a me ka ho'oholo 'ana i ka qualitative a quantitatively i nā mea āpau i hui pū 'ia i loko o ka hale hana kūlohelohe e hānau ai i ke kino mea kanu i hā'awi 'ia.

'O ia ho'i, i loko o nā mea'ai pono'i ua hiki iā lākou ke 'ike i kēlā mau 'ano mea mea'ai wale nō; ua hunaia na mea e ae ia lakou.

‘O ke kumu nui o kēia ka mea i ‘ike ‘ia nā mea

‘A‘ole ‘o nā mea olaola ka mea nui o ia mau mea kanu, akā he mau pūhui ia i ‘ike ‘ia ma nā ‘ano like ‘ole i nā mea kanu like ‘ole.

I ke komo ‘ana i loko o ke kino holoholona, ua wāwahi ‘ia kēlā mau pūhui a ho‘ohui hou ‘ia, i ka wā e hana ‘ia ai nā pūhui hou e like me nā pono o ke kino.

NA ALA'AI A PAU I AI E NA HOLOHOLONA NO KA POE KUMU PONO

‘O ke kumu, ‘ekolu mau papa nui o nā mea kanu nā mea kanu āpau. ‘O kekahi o lākou ka wai, i kama‘āina iā kākou a pau. Ua ‘ike mākou ‘a‘ole hiki iā mākou ke ola me ka wai ‘ole, a e ho‘omana‘o paha mākou ‘o ke kumu wai ma‘ema‘e a palekana i ‘ike ‘ia e mākou ‘o ia ka mea i loa‘a i nā hua‘ai a me nā mea kanu. ‘O ka hope a‘e, hiki mai ka roughage. ‘O kēia ka mea i ho‘okumu i ke ‘ano o nā kino mea kanu, hā‘awi iā lākou i ke ‘ano a me ka pa‘a. ‘A‘ole i wāwahi ‘ia a ho‘ohui ‘ia i loko o nā kino holoholona; ua kipaku ‘ia mai ke kino aku ma ke ‘ano o nā feces. He mea nui na‘e ia o ka ‘ai holoholona. Inā ‘a‘ohe ‘āpala a ‘āha‘i loa ka ‘ai i ‘ai ‘ia e ka holoholona, a ‘a‘ohe mea e kipaku aku ai ka ‘ōpū, a i ka wā lō‘ihi e mae a malo‘o. Eia na‘e, he mea ‘ē ka ‘ōlelo ‘ana, he nui ka po‘e pōkole i ka ‘ike ‘ana, no ka mea, e pili ana i ka ‘awa‘awa ‘o "indigestible", wehe lākou i ka mea‘ai mai kā lākou mea‘ai, ‘o ia ka hopena o ka loa‘a ‘ana o nā kānaka a pau i ka constipation. ‘O ia ho‘i, ‘o ke kumu nui o ka constipation ‘o ka nele o ka roughage i ka mea‘ai. Akā no ka ho‘i ‘ana i ke kumuhana i kūkākūkā ‘ia, ‘o ka hope o nā papa ‘ekolu o nā mea i loko o nā hua‘ai a me nā mea kanu ‘o ia ka mea‘ai pono‘ī, i ho‘opiha piha ‘ia a ho‘ohui ‘ia e ke kino.

‘O nā ‘oko‘a ko‘iko‘i ma waena o nā mea kanu like ‘ole e puka mai ana mai nā ‘ano like ‘ole o ka nui pili o kēlā mau papa ‘ekolu. No laila, ‘o ka ‘oko‘a nui ma waena o ka mau‘u ma‘amau a me nā hua‘ai, ‘o ia ka mea ma mua o ka ‘ōpala, akā ‘o ka hua he ‘ano ha‘aha‘a wale nō, me ka nui o nā mea‘ai a me ka nui o ka wai. Ma muli o ke kūlana kūikawā o

‘O ko lākou mau ‘ōpū a me kā lākou kumu o ka rumination, quadrupeds hiki iā lākou ke ‘oki a wili i ka mau‘u, e unuhi i nā mea‘ai i ho‘opuehu li‘ili‘i ‘ia i loko a kipaku aku i ke koena mai ko lākou kino. Penei ka hana ana o kekahi mau holoholona i ka ai mai ka mauu maloo a me ka mauu maloo; E hiki no i ke Kamelo ke hoomau i ke ola ma na kakalaioa o ka waonahale, a me ka hoki ma ka nahalehele.

Mai kēia, hiki iā mākou ke huki i ka hopena ko‘iko‘i e loa‘a i nā hua‘ai āpau nā mea‘ai e pono ai no ka mālama ‘ana i nā meaola holoholona, aia wale nō i kekahi mau mea kanu i ‘ike ‘ia i kahi ‘ano ho‘opuehu, i nā mea ‘ē a‘e. Mawaena o na mea ai maoli, o na walnutia, na alemona, na huapalaoa, na pulupulu, na uala, na karoti, na maia, na huawaina a me na hua e ae a pau, a mahope iho, puka mai na aa e ae, na mea kanu a me na uliuli; ‘o ia ho‘i, ‘o nā mea ‘ai pono‘a ke kanaka i kā‘ili ai mai ka waha o nā holoholona ‘ē a‘e a ho‘olilo iā ia iho. Eia na‘e, i ka wā e pi‘i mai ai ka nīnau no ka ‘ai maka no ke kūkākūkā ‘ana, ua pane hilahila ‘ole kēlā kanaka: "Pehea wau e hānai ai ia‘u iho me ka ‘ole o ka mea‘ai mo‘a?" ‘O kahi ‘ōlelo ho‘ohilahila ‘a‘ole hiki ke loa‘a i ka honua, akā na‘e, ‘o ka ho‘ohui ‘ana i ke kupapa‘u i makapō i ke kanaka a ‘o ia ka pane ma‘amaui o ka hapa nui o nā kākā. ‘A‘ole hiki i ka po‘e nele i ka ‘ike kūpono ke ‘ike i ka waiwai a me ka momona o ia mau mea a me ka li‘ili‘i o ka nui e pono ai e ho‘okō i kā mākou mau pono i kēlā me kēia lā. I ko‘u hihia pono‘a, he mau makahiki ia‘u i hiki ai i ka ‘oia‘i‘o. Akā e kama‘ilio hou wau e pili ana i kēia ma hope.

‘O kēlā mau mea‘ai mea‘ai i loa‘a i loko o kahi kūlana ko‘iko‘i i ka hua o ka lā‘au e ‘ike ‘ia ho‘i i ho‘opuehu ‘ia i loko o kona lau, ‘ili a me nā lālā. Hānai ka holoholona nunui e like me ka giraffe ma ka ‘ai ‘ana i nā lau lā‘au. Ke ho‘opili ‘ia kahi ‘ōpu‘u li‘ili‘i o ka lā‘au ma luna o kekahi kumulā‘au, e ‘ōpu‘u a‘e i nā lālā a loa‘a ka hua like.

He hō‘ailona maopopo kēia aia i loko o ka ‘ōpu‘u nā mea kumu a pau e pono ai no ka ho‘okumu ‘ana i kahi hua i hā‘awi ‘ia.

I kēia manawa, he aha kēlā mau mea ha‘aha‘a? ‘O lākou nā ‘ātoma, i mana‘o ‘ia ‘o ia ka mea li‘ili‘i li‘ili‘i loa

o kahi mea hiki ke komo i loko o ka ho'ololi kemika, a me nā molekala, 'o ia nā 'āpana li'ili'i loa o kekahi mea a i 'ole pūhui e hiki ke alaka'i i kahi ola ka'awale. 'O nā mea kanu hiki ke 'ai 'ia he 'ane'ane like nā mea, ma nā 'ano like 'ole a me nā ho'onohonoho 'ana o nā pūhui like 'ole i ho'okumu 'ia, 'oko'a kekahi i kekahi i ke 'ano, ke kala a me ka 'ono. Eia kekahi, ua like loa ka clove a me ka hipa. I ka ho'okomo 'ia 'ana i loko o ka 'ōpū o ka hipa, ho'ololi ka clove i kona 'ano mole a lilo i hipa.

Aia kekahi pilina like ma waena o ka hua a me ke kanaka.

'O nā mea kanu a me nā ola holoholona he mea 'ole wale nō he launa mau loa a me ke kaapuni ana o na mana. Ma 'ane'i e hō'oiā'i'o ai ka mea kupanaha nui a me ke 'ano. Kiola mākou i loko o ka lepo i ho'okahi minuke 'a'ole i 'oi aku ka nui ma mua o ke po'o o kahi pine. Ma hope o ka 'ōpu'u li'ili'i, 'ōpu'u a'ela nā lālā a me nā lau, a i ka manawa kūpono e hua mai ai. Ma hope, ua ho'ololi 'ia i bipi, lio a i 'ole kanaka e ka'apuni i kēia ao no kekahi manawa a laila ho'ihō'i i kāna mau 'ātoma i ka Honua. Ma laila, ma lalo o ka mana ola o ka lā, ua ola hou kēlā mau 'ātoma, ua hanu 'ia ke ola hou i loko o lākou a ua ho'ohuli hou 'ia lākou i loko o nā mea kanu a me nā holoholona like, e ho'omau i nā pō'ai infinitive o ka hana 'ana.

Akā, i mea e hānau ai i mea ola, pono ke kino mea kanu e piha a OLA. Eia kekahi, 'a'ole lawa ka mea'ai e ola wale ai; 'O ka mea'ai mea'ai maika'i loa e pono e ho'oikaika a 'a'ole DORMANT.

Ua hō'ike mai ka 'ike lō'ihī iā mākou 'a'ole mā'ona nā manu hīna'i hua maloo wale. Me kā lākou mau hua malo'o, koi lākou i nā mea'ai hou. 'A'ole ko'iko'i ke 'ano o kēlā mau 'ano'ano a i 'ole ka mea'ai hou. Hiki ke loa'a ka mea'ai maika'i ma ke koho 'ana i kekahi 'ano 'ano 'ano a i 'ole ka palaoa a ho'ohui 'ia e kēlā me kēia 'ano hua'ai hou.

'O kēia 'oiā'i'o e lawe iā mākou i ka hopena ko'iko'i 'o ka pau 'ana o ka mea'ai maika'i loa ma hope o ka malo'o iki. A laila

pehea lā mākou e mana'o ai he mea'ai i kēlā mau mea i puka mai mai loko mai o nā umu, nā kīhini a me nā 'āwae o nā mīkini uwē?

Eia nō na'e, 'a'ole loa'a nā kino holoholona i ka pō'ino ko'iko'i ke ho'onele 'ia lākou i nā mea'ai hou i nā mahina li'ilī'i o ka ho'oilo. No ka mea, ho'opau lākou i ka hemahema i ka wā puna a me ke kauwela, ke ola hou nā 'ano āpau. Nature i ho'okomo iā lākou i kēlā 'ano o ke ola. 'O nā hua malo'o, nā cereals a me nā pulupulu, he mau mea'ai ola, akā aia lākou i kahi kūlana inert a moe. 'O ka mea pōmaika'i, hiki ke ho'āla 'ia, ho'āla 'ia a ho'ololi 'ia i mau mea'ai maika'i loa ma ka ho'oinu 'ia i ka wai a mālama 'ia i ka ea anuanu no ho'okahi lā a 'elua paha. No laila, ma ka 'ai 'ana i nā hua'ai i kupu wale 'ia (ho'ōla 'ia) loa'a i ke kanaka ka manawa kūpono e ho'opa'a i ka mea'ai kūpono i nā kau a pau o ka makahiki a ma nā kihi a pau o ka Honua. A laila hiki iā ia ke ho'ohana i ke koena o nā tausani mea'ai hou a 'ono e ho'okomo i nā 'ano like 'ole i kāna mea'ai a e ho'ohau'oli i ke ola.

'O ke ola ka hui o ka ikehu & mea. Ke makemake mākou e kūkulu i kahi mīkini, ho'ohui mākou i nā 'āpana pono a pau e like me ka ho'olālā, a i ka pau 'ana o nā kiko'i hope loa, e hana ka mīkini. 'O kēlā mea e ho'one'e ai i ka hale hana kanaka, ua kapa 'ia 'o ia 'o ka 'uhane, ka mea e hui pū me nā 'āpana 'ē a'e a pau, ho'opiha i ke 'ano o ke kino a ho'one'e.

'O nā pono o nā protein kūikawā, nā huaora a me
Nā Minerale a me nā mea'ai mea'ai a pau

'A'ole pono e ho'okumu hou i kumu no ke kūkākūkā

Ma ka pauku hope ua 'ike mākou aia nā kino mea kanu 'ai a pau nā mea like, a 'o nā 'oko'a o ko lākou mau waiwai kemika a me ke kino ma muli o ka 'oko'a o ko lākou haku mele 'ana a me ke 'ano molekala. 'O ka mea pō'ino, 'a'ole i nānā ka po'e olaola i kēia 'oia'i'o hiki 'ole ke ho'opa'a 'ia a ho'okumu i kā lākou 'epekema holo'oko'a ma luna o nā pūhui pa'akikī i loa'a iā lākou i loko o nā mea'ai. No ka ona i nā mea i 'ike 'ia i loko o kā lākou mau hale hana, ua pani lākou i ko lākou mau maka i kēlā hale hana kupanaha o ke 'ano maoli kahi a mākou e hā'awi ai i kahi hua li'ilī'i a hiki

'a'ole hiki ke 'ike 'ia e ka maka 'ōlohelohe a hō'ike 'ia, ma ka ho'ihō'i 'ana, i loko o kekahi mau pule, me ka mea'ai kūpono loa e ho'omā'ona i nā pono āpau o ko mākou kino ma kēlā me kēia 'ano. Akā, e ho'olei aku lākou i kēlā makana lokomaika'i o ke 'ano a i 'ole lākou e puhi a luku iā ia, a laila ho'omākaukau lākou, i loko o kā lākou mau hale hana pō'ino, kekahi mau mea make e like me ia. 'O kēia mau mea ho'ohui i kēia manawa ke ho'ohanohano nei lākou me nā inoa a me nā helu like 'ole, a ho'ohana iā lākou i mea e hō'ino ai, ma kahi mua, i ko lākou mau kino pono'i a me kā lākou mau keiki hala 'ole.

No laila, i ka loa'a 'ana o nā mea like 'ole i ka hua waina, 'ōlelo lākou i loko o nā hua waina i loko o ia a me ia mau mea, me he mea lā 'a'ohe mea 'ē a'e. Hana like lākou i ka hihia o nā mea'ai maoli a me nā mea'ai 'ole, a 'o ka mea'ai e loa'a ai iā lākou kekahi o ia mau mea i mana'o 'ia iā mākou ma ke 'ano he kumu o ka mea'ai i hā'awi 'ia. Ma muli o ia 'ano 'ike pōkole, ua hō'ike 'ia nā mea'ai 'ino loa e like me nā mea'ai kaulike piha a me ka hope.

E lawe wale i kahi penikala a hana i ka papa inoa o nā mea i 'ike 'ia e nā mea olaola i loko o nā mea'ai i loa'a mai ka bipi: pipi, ate, lolo, pu'uwai, waiu, meli a me ka pa'akai. I kēia manawa e 'ike kākou inā hiki iā lākou ke 'ike i kēlā mau mea i loko o ka clover, ka mau'u a i 'ole nā mea kanu mauna ma ke 'ano like. 'A'ole na'e. Aole nae e hiki i kekahi ke hoole, o na mea maka no ka hana ana i ke kino o ka bipi, oia na mea kanu; 'o ia ho'i, ua ho'okumu 'ia ka bipi holo'oko'a mai kēlā mau mau'u. Inā mākou e mana'o i nā mea'ai holoholona he mea'ai kūpono loa no ka holoholona 'ai, no ka mea, 'o ke kino holo'oko'a o ka mea pio me kona 'ili, nā iwi, ke koko a me ka 'i'o, a 'o ia ho'i, me ka pa'a 'ana o nā mea ola a pau, ua like ka waiwai o ka mea'ai. i ka mauu. Akā, he aha ka waiwai i lawe ka'awale 'ia ka waiū, ka pata a i 'ole ka 'i'o? Loa'a i kēlā me kēia o lākou ka hapa li'ili'i loa o ka waiwai o ka mau'u ma'amau a 'o ia ka mea i loko o ke kūlana maka. 'A'ole pono e ho'onui 'ia nā mea i koe o nā mea'ai o ia mau mea ma hope o ka kuke 'ana. No laila, e 'ike kākou i ka waiwai maoli o ka waiū a i 'ole ka 'i'o, i ho'onani 'ia no nā kenekulia e ka po'e no'ono'o ma'alahi!

No laila, e no'ono'o kākou i ka waiwai maoli o kēlā mau ho'olaha ho'olaha e ho'onani ai i nā kini a me nā kini o nā 'ano 'ano waiu malo'o 'ole a pau.

Ke koi nei ka Lunakanawai e lawe ia mai ka poe hoolaha o ia mau hoolaha, a e hoopai nui ia, no ka mea, aia ma ko lakou mau poohiwi ke kuleana o ka make ana o na miliona keiki.

Ke 'ae aku nei au he makemake mau ke kanaka e a'o i nā mea hou, e komo i loko o nā mea huna o ke 'ano, e ho'onui i ka 'ike o kona 'ike. He mea ko'iko'i loa ia i kēlā me kēia mea nona ka hale hana e ho'omaopopo iā ia iho i nā mea huna o nā lako maka e pono ai no kāna hale hana.

E 'ae nā kānaka 'epekema noi'i e ho'opa'a i kā lākou noi'i 'ana i loko o nā paia 'ehā o kā lākou mau hale hana a hiki i ka lā, i ka wā e kūle'a ai lākou i ka ulu 'ana i kahi mea kanu mai kahi hua i haku 'ia me nā 'āpana synthetic i hana 'ia i kā lākou mau papa hana. A laila e like ko lākou na'auao me ke akamai o ke 'ano. Akā, ua piha ko mākou honua i nā hua, kahi e loa'a ai iā mākou ka mea'ai kūpono loa e ho'omā'ona i nā pono āpau o ko mākou kino. 'A'ole loa'a kēlā mea'ai mai kahi hapa iki o ka hemahema.

'A'ohe mea i nele; 'a'ohe mea i ho'onui 'ia; 'O kēlā me kēia mea i loa'a i kona maika'i, kona nui a me kāna hana i ho'oholo 'ia e nā helu pololei loa.

'Ōlelo lākou iā mākou e'ai i nā protein, no ka mea, maika'i nā protein no ke olakino. Akā, pehea ka nui e pono ai mākou e 'ai? Aia kekahi helu i 'ae like 'ia no kā mākou mau koi i kēlā me kēia lā? Pono nā pōhaku lepo no ke kūkulu 'ana i hale, akā 'a'ole hiki iā mākou ke hō'ili'ili i nā pōhaku me ka 'ole a kau 'ia kekahi ma luna o kekahi me ka 'ole o ka hamo.

Ua komo nā 'enehana hou i ke kahua. Ua ha'alele lākou ka 'enehana loea o kekahi mau hale hana pa'akikī a makemake lākou e mālama a hana i kēlā mau hale hana.

Ma nā wahi a pau, aia nā 'āpana o nā mea maka i hō'ili'ili wale 'ia.

Lawe wale kēlā me kēia o lākou i nā mea a pau e hiki ai iā ia ke kau i nā lima ma'alahi a hānai iā ia i ka hale hana. Lawe mai kekahi i ka pohaku, a o kekahi hao; o ke kolu, lawe i ka lepo, a o ka ha, ka wai. Ho'opili lākou i kēia mau mea a pau me ka ho'olālā pa'a 'ole a me ka ho'olālā 'ana, a laila hele lākou e ki'i hou a'e. Ke hana mau nei ka nui o na mea ola a me na mea anoano

helehelena. Hānai kekahi i ka mīkini me kahi lima o kekahi mea, e 'ōlelo ana he pono ia; ho'opiha kekahi i ka bākeke o ka lua, me ka 'ōlelo 'ana he 'oi aku ka pono. No laila, ho'okahe nā kānaka a pau i ka hale hana me nā mea āna i mana'o ai e like me nā 'āpana o kāna mau mea pono. Hana 'ia nā ho'okolohua, nā ho'okolohua pau 'ole. Ma kekahi 'ao'ao, ua puhi ka po'e lapuwale i kēlā mau mea maka i ke ahi; ma kekahi 'ao'ao, e wikiwiki ana nā mea a pau e 'ohi i nā koena e hiki ai iā ia mai loko mai o ka lehu ahi a hānai iā lākou i loko o ka nozzle o ka hale hana.

Ma ke'ano ma'amau, ho'omaka ka hale hana e hana ma'amau. 'O ka nui aku irregularly the factory works, the more of this budding specialists multiply their efforts. Holo lākou ma kēia ala a ma ia ala e 'imi ai i nā mea hou a me nā mea hou. I loko o ia hustle a me ka pu'upu'u, hehi lākou, ho'opau a puhi paha i nā mea kemika ko'iko'i loa o nā mea maka, nā mea li'ili'i i kekahi manawa 'a'ole hiki ke 'ike 'ia e lākou. I ko lakou ike ana i ka pono ole o ka lakou hooikaika ana, a e hele malie ana ke kulana o ka hale hana mai ka ino a i ka ino, hele aku lakou iloko o ka waonahale a loa na mea hou loa i pili ole me na mea maka o ka hale hana. e ho'ā'o e ho'oponopono i nā hana o kā lākou mea kanu me kā lākou kōkua. No kekahi manawa, ho'opau kekahi o ia mau mea hou i ka uwē o ka hale hana, ho'ohehe'e kekahi i kāna squeak, 'o ke kolu e ho'olō'ihi i ka wikiwiki o ka hana o kekahi mau mīkini, 'oia i 'o ka 'ehā, 'oko'a, e ho'olalelale hou iā lākou. He mau hō'ailona maika'i kēia mau ho'ololi iā lākou; Lele lākou no ka hau'oli a pa'ipa'i i ko lākou mau lima e like me nā kamali'i li'ili'i, a laila ho'omaka lākou e 'imi i nā mea "ikaika a 'oi aku ka maika'i". I kekahi manawa, pau ka hana 'ana o kekahi mau 'āpana o ka hale hana a i 'ole hana like 'ole lākou e ho'oweliweli i ka palekana o ko lākou mau hoalauna. 'O ia ka mea e hō'ike ai nā kāne i ko lākou akamai loa. Ho'opau a ho'olei lākou i kēlā mau 'āpana "pono 'ole".

'A'ole ia he mea kupanaha ka pau 'ana o kēlā mau ho'oikaika 'ana i ka hā'ule 'ole a ho'oku'u koke 'ia nā hale hana i ka hana. Akā 'a'ole pau ka mana'olana o nā 'enekinia bungling.

Ke ho'omau nei lākou i kā lākou mau ho'okolohua pa'akikī, hō'ole e ho'omana'o i ka 'enekinia maoli o kēlā mau hale hana, ko lākou 'ano, a lākou i hō'ole ai.

'A'ole hana 'ia ka ho'ohālikelike mau 'ana o ke kino kanaka i kahi hale hana ma ke 'ano kī'i. No ka mea, 'o ke kino kanaka he hale hana e like me nā hale hana 'ē a'e a pau, me kēia 'oko'a he 'oi aku ka pa'akikī ma mua o ka hale hana ma'amau a 'o kona mau 'āpana he līlī'i loa i 'ike 'ole 'ia ka hapa nui o lākou a hiki 'ole ke ho'omaopopo 'ia e ke kanaka.

E like me nā 'enekinia ma luna, ke hana nei kā mākou mea olaola i nā ho'okolohua ma luna o nā kākā me nā mea hana weliweli loa ma ka lima, e nā mea'ai kumu 'ole hiki ke hiki, ma nā 'ano ho'omākaukau synthetic like 'ole a me nā mea make a pau i 'ike 'ia e ke kanaka. Ho'opuka lākou i nā papa inoa pau 'ole me nā inoa pau 'ole o nā mea a alaka'i hewa i nā kākā me kā lākou mau 'ōlelo ho'opunipuni. Hō'ike kēlā me kēia mea i kāna mea i mana'o ai, 'ōlelo kēlā me kēia i ka mea i komo i loko o kona mana'o, e hana ma'amau, e ka lula o ka manamana lima.

Ho'opiha lākou i nā tausani o nā puke a ho'opiha i ka honua me lākou, hekili lākou ma ka lekiō, pa'i lākou i nā ho'olaha ma nā nūpepa.

Aka, he wahahee na mea a pau a lakou e olelo nei.

Hō'ike lākou i ka mea 'ino loa me ka maika'i loa, akā pāpā lākou i ka ho'ohana 'ana i ka mea pono. I loko o kēia medley o ka welter a me ka huikau, 'o nā mea kākā pono i e hāhā i loko o ka pu'upu'u o ke kanalua a me ka no'ono'o 'ole, 'oiai ke kū nei kā lākou po'e ho'olohe i ka p'iole.

I kēia manawa, auwe, 'o ka po'e kokohe loa iā mākou e ha'alele i kēia ola i nā miliona, pono 'ole ma mua o ko lākou manawa kūpono.

Ke noi aku nei au i na kanaka no'ono'o hanohano a puni ka honua e hele mai o ko lakou lethargic malama ole ina wale no ka pono o ko lakou ola kino a me ko lakou mau keiki a me na hoahanau. E hui pū lākou me a'u i mea me ko mākou mana lokahi e wehe mākou i nā maka o ke kanaka, e ho'ololi i nā 'ano kuhi hewa o kēia manawa a ho'opau i kēlā mau pepehi kanaka weliweli.

E wehe a'e kēlā me kēia o kākā i kona mau maka a nānā pono i nā mea hō'ino weliweli e ho'ohilahila ai i ka lāhui hou. Ma o ka mana'o hewa i hāpai 'ia e kā mākou po'e 'epekeka, ua komo nā mea waiwai a me nā speculators i ke kula. Ho'olaha manuahi 'ia nā mea'ai 'ino loa a ho'omāinoino 'ia he kumu waiwai o nā huaora a

kuai akea aku i ka lehulehu. 'O lākou nā kuki, nā mea 'ono, nā mea inu 'olu'olu e like me Coca-Cola a me ka lemonade, nā 'i'o putrefied, nā waiu malo'o a me nā tausani o nā 'ano mea'ai like 'ole, i ho'onele 'ia i kā lākou mau mea'ai mea'ai nui loa a hiki ke ho'oulu i nā ma'i a pepehi kanaka. 'Ohi 'ia nā mea 'oi loa ma 'ō a ma 'ō, hui 'ia, ho'opiha 'ia i loko o nā ipu a me nā pahu pahu, i ho'opa'a 'ia me nā inoa pipi 'epekeka a kū'ai 'ia aku i ka lehulehu ma ke 'ano he ho'omākaukau "dietetic" me nā kumu kū'ai nui. Ua ho'olaha 'ia nā lā'au lapa'au hou i kēia manawa e uku ana nā hale hana pilikino i ke komisina o 50 pakeneka i nā kauka no nā uku i hana 'ia i nā ma'i i ho'ouna 'ia iā lākou. Pono kekahi e ho'opiha i nā haneli he nui inā makemake kekahi e hō'ike i kahi kī'i kiko'i o nā hana 'ino a pau o ka honua i kēia mau lā. I kēia manawa, 'a'ohe o'u manawa e hana i kēlā hana.

I kēia manawa, 'ike nā mea olaola i kekahi mau huaora i ka wā o kā lākou noi'i. Ma hope iki, 'ike lākou 'a'ole ia he hui ma'alahi, akā he pa'akikī pa'akikī o nā mea he kakini, no kēlā me kēia mea a lākou e koho ai i kahi inoa. Ho'omaopopo mālie lākou 'a'ole hō'ike 'ia kekahi mau huaora i kona ikaika me ka 'ole o nā mea 'ē a'e, a i 'ole lākou e 'ike i ka ho'okomo 'ia 'ana i loko o ke kino, ho'ololi kekahi mea i kekahi a pēlā aku.

'O nā hopena o nā huaora artificial i ke kino kanaka ke 'ike a kū'ē. Ho'omoe nā kākāka i nā pōhaku lepo o ka hale ma luna o ka lālani me ka 'ole o ka hamo, a laila, i mea e ho'oponopono ai i kēlā kuhi hewa, ho'omākaukau lākou i kahi pahu nui o ka hamo ha'aha'a a ninini 'ia ma luna o ka hale i ka manawa ho'okahi. 'O ka pa'a 'ana ma ka 'ao'ao o waho o nā pōhaku lepo, 'o ia ka mea ho'omalulu i ka hale mai ka makani a me ka ua no kekahi manawa, akā 'a'ole ia e komo i loko o nā hono ma waena o nā pōhaku a, 'oia'i'o, 'a'ole ia e hiki i nā papa o loko o ka hale. I kekahi manawa, ho'ohana 'ia ka nui o kēlā momi ho'opunipuni; a laila, hiolo wale kekahi hale nona ke kahua i haalulu. 'O kēia ka mea i hana 'ia i kekahi manawa i ka wā o ka injection o nā huaora, ke make koke ka mea ma'i ma hope o ka injection. Pehea e hiki ai i kekahi ke hō'ike ma ke 'ano he mea'ai mea'ai i ka nui li'ili'i o ka mea e pepehi ai i ke kanaka

‘elima mau minuke o kona komo ‘ana i loko o ke kino kanaka? I ka manawa hea e no‘ono‘o ai nā kāne a ha‘alele i kēlā mau hana lapuwale? ‘Oiai ka nui o nā hā‘ule, nā hō‘eha a me nā pō‘ino, ho‘omau nā kāne i ko lākou ala kuhihewa a me ka pō‘ino, hō‘ole ‘ole e ha‘alele i ho‘okahi kapua‘i.

Hō‘ike mau ‘ia nā puke hou; Ho‘ohui mau ‘ia nā papa inoa hou a me nā ‘ōlelo a‘oa‘o i nā mea kahiko a kahe mau ka wai o nā mea make mai nā hale hana i loko o nā kino kanaka. E like me ia, ua kākau ‘ia nā tausani o nā puke e pili ana i ka mea‘ai a me nā kumuhana pili, nā mea āpau me nā mana‘o like ‘ole a me nā mana‘o, nā kiko‘ī like ‘ole a me nā kiko‘ī, nā papa inoa like ‘ole a me nā papa.

E mana‘o kākou no kekahi manawa i kākau ‘ia nā puke ma kēlā me kēia nā huaora a me nā mea waiwai ‘ē a‘e, nā ‘ōlelo a‘oa‘o o nā mea‘ai a me ka papa inoa o nā mea‘ai kiko‘ī he ‘oia‘i‘o. E no‘ono‘o paha kākou inā ‘o ia ka ‘ōnaehana pono o ka mea‘ai kanaka a inā paha ka po‘e makemake e noho i kēia ao ma lalo o ka pono kaumaha o ke a‘o ‘ana i kēlā mau puke āpau ma ka pu‘uwai. He aha ka hopena i nā miliona, a laila, e noho ana ma nā mauna a me nā awāwa, ma nā kauhale mamao a me nā kauhale, a ‘a‘ohe manawa kūpono e ho‘oma‘ama‘a iā lākou iho i nā papa inoa mea‘ai a me nā papa ‘aina? E make anei lakou i ka pololi?

‘A‘ole, e nā makamaka maika‘i, e ala a‘e mai kou ‘ino‘ino ‘ole, no ka mea, ‘a‘ole ia ke ‘ano o ke ola kanaka. ‘O ke ola e like me ia, ‘a‘ole ia he ola; he moeuhane. Pono mākou e ho‘ohuli piha a ho‘ololi koke i ko mākou mana‘o i nā pilikia mea‘ai. Pono e ho‘opau ‘ia nā ho‘olaha e pili ana i nā mea‘ai a me nā mea‘ai a pau a ho‘opau ‘ia nā ‘ōlelo kuhikuhi a pau o nā huaora artificial a me nā lā‘au ‘awa‘awa i ka manawa ho‘okahi.

Ho‘okahi wale nō ala e ho‘oku‘u ai i ke kanaka mai kēlā moe‘uhane i ho‘okahi manawa no nā mea a pau, ‘o ia ka ho‘okomo ‘ana i kahi loli nui i ko mākou ‘ano o ka noho ‘ana a me kā mākou mau mea‘ai. Pono e ho‘ololi ‘ia kēia mau ‘ano ma ke ‘ano e ho‘ohui a ho‘ohui i ka ‘ōnaehana kūpono o ka mea‘ai me ke ola o ke kanaka. A laila, ‘a‘ole pono ke koho ‘ana ma waena o kēlā me kēia mea ‘ai mea‘ai a ‘a‘ole e no‘ono‘o hou ka po‘e i nā mea‘ai kiko‘ī. ‘O ia wale nō ke kaulike piha

Pono e mālama 'ia nā mea'ai ma ka home e like me nā waiwai mea'ai like; 'o ia ho'i, 'o kēlā me kēia mea'ai i 'ai 'ia e ke kanaka, he mea'ai piha ia iā ia iho.

'A'ole pono ka po'e heluhelu e no'ono'o he pa'akikī loa ke alaka'i 'ana i nā kākā āpau ma ia ala kupanaha. Me he mea lā ma ka 'ili wale nō. Ma hope o ko'u hele 'ana i nā pae āpau ia'u iho, 'ike wau, mamao loa mai ka pa'akikī, he hana ma'alahi loa ia, kahi a'u i mākaukau ai e hā'awi i ko'u manawa a me ko'u ikaika.

Pono mākou e hana i nā kūlana e hiki ai i ka waiwai a me ka 'ilihune, ka nui a me ka lī'ili'i, ka na'auao a me ka ma'alahi ke alaka'i i ke ola olakino me ka 'ole o ke kuleana mau e hana i kahi koho koi ma waena o nā mea'ai i 'ai 'ia e lākou. A laila e ho'oholo 'ia ke koho 'ana i ka mea'ai e ko mākou 'ono, nā koi a me nā makemake e lilo i alaka'i alaka'i hewa 'ole i ke koho 'ana i nā mea'ai maoli.

E no'ono'o paha mākou, ma hope o nā mea a pau, he aha ka mea e 'imi ai nā mea olaola a he aha 'O kā lākou pahuhopu nui. 'A'ole paha lākou i 'ike maopopo i kā lākou pahuhopu hope, akā e ha'i aku wau iā lākou. Ke ho'ā'o nei lākou e 'ike i ke 'ano o nā mea e pono ai ko mākou kino e alaka'i i ke ola olakino. Makemake lākou e 'ike i ka hana kūpono o kēlā me kēia huaora a me kēlā me kēia mineral i loko o ko mākou kino. Ua 'ike lākou he mea ho'oikaika kekahi mau huaora i ko mākou ulu 'ana, pale kekahi iā mākou mai nā ma'i, ho'oikaika ka hapakolu i nā niho, a pēlā aku. Akā, ma mua o ka ho'okau 'ana iā lākou iho i kēlā pilikia a pau, 'a'ole anei e 'oi aku ka maika'i inā kipa lākou i ka ululā'au o 'Apelika no ka manawa ho'okahi a nīnau i nā 'elepani i laila i ke 'ano o nā hua'ai calcium a lākou i lawe ai e ulu ai i ka niho 'elepani ikaika, a i 'ole he aha nā 'ano protein. Ua ho'opau lākou e hō'i'i'i i kā lākou nui nui?

E mana'o kākou, ma hope o ka ho'oikaika mau 'ana no nā makahiki he mau kaukani, ua loa'a ka pahuhopu i makemake 'ia. A laila hiki iā lākou ke 'ike i nā mea āpau i loko o kahi hua palaoa a i 'ole kekahi kino mea kanu 'ē a'e a ho'omaopopo i nā kiko'i piha o kā lākou mau hana i loko o kā mākou kino. Akā, 'o ka mea a lākou e 'imi nui nei, aia nō ia i ka lima a me ka waiwai nui pū kekahi. Pela lākou i hiki ai i ko lākou kiekeie

aim, ka pahuhopu nui hiki 'ole iā lākou ke mana'olana e hiki i kā lākou mau hale hana ma hope o nā makahiki he nui. He aha hou kā lākou e 'imi nei?

Akā 'a'ole pono ka mea heluhelu e mana'o he po'e na'au'pō loa nā mea olaola. Loa'a iā lākou nā kumu e hana ai e like me kā lākou hana a mai ko lākou mana'o pono'i he mau kumu ikaika a pa'a lākou. No ka mea, he poe "civilized and culture" ka poe epekema; 'A'ole lākou he po'e kahiko e noho ana ma nā ululā'au pouli, 'a'ole ho'i e noho ana ma nā pā a me nā hale hale. A laila pehea lā e hiki ai iā lākou ke ha'alele i kā lākou berena ke'oke'o, kā lākou mau keke 'ono a me nā mea 'ai momona a ho'opiha i ko lākou waha i ka palaoa maka, e like me nā mea hihui kahiko? He 'oia'i'o, 'o ka ho'ololi 'ana i ka palaoa holo'oko'a a me ka haumia 'ole i berena ke'oke'o a i 'ole nā palapala, koe na'e ka mākū make a me ke kō, ua luku 'ia kona mau 'umi kaukani o nā mea'ai mea'ai, akā 'a'ole ia he mea hopohopo iā lākou. 'A'ole lākou e 'ae iā mākou e pōina i ka starch ola 'ole a me ke kō, loa'a iā lākou kā lākou "pono." Hā'awi lākou i nā calorie e pono ai e ho'olako i ka mahana i ko mākou kino, 'oia'i ua mā'ona nā koi o ko mākou mau 'ōpū, nā 'ili a me nā a'alolo e nā kumuwaiwai "epekema" kupanaha e like me nā huaora artificial, nā ho'omākaukau mineral, nā hormones wahahe'e a 'oi aku ka nui o nā mea make, 'oi aku ka maika'i. kekahi i ka ikaika a me ka ikaika.

'O ka hope, he aha ka hopena i nā 'oihana, nā halemai, nā kauka, nā kahu hānai, nā lā'au lapa'au, nā mea hana 'oki a me nā mea hana like 'ole? He aha nā hana i hana 'ole 'ia i ke kū'ai 'ana a me nā hana i ho'ohana 'ole 'ia i ke kūkulu 'ana iā lākou! Pehea lā lākou e ha'alele ai i kēlā mau "ho'okō" a pau no ka pono o kēlā palaoa li'ilii? 'A'ole hiki ke no'ono'o 'ia kēlā 'ano hana, 'oi aku ka li'ilii o ka lawe 'ana. He mea li'ilii loa inā he mau tausani, 'a'ole, miliona mau kānaka e make i ka hō'eha pu'uwai, ka ma'i kanesa a me nā ma'i 'ē a'e. E make koke paha na kanaka, aole anei e aho no lakou ke make mamua iki aku a hookuu ia lakou iho mai na ehaeha a me na eha o keia ao? He aha ka pono o ka noho 'ana a hiki i ka makahiki 200 i kahi honua e pī'i nui nei? Mai kāhāhā i ka 'ike 'ana aia kekahi po'e me kēia 'ano no'ono'o. He 'oia'i'o nō paha ka mana'o o ka hapa nui o nā kānaka, i makapō e like me ka 'ai 'ana i ke kupapa'u, no'ono'o pēlā i kēia lā. Akā, ke ha'i aku nei au i ko ke ao holo'oko'a, pono i nā kānaka a pau

E hoopau i na mea kanu ma ka mokuaina maka. KE KA UOHA O KE ANOAI.

Eia na'e, 'a'ole au e hō'ole i ka mana'o alaka'i o nā mea olaola ka makemake e lawelawe i ke kanaka. Akā, ke 'ike lākou i ka hā'ule 'ole o kā lākou ho'oikaika 'ana, pono lākou e ho'ololi i kā lākou ka'ina hana pō'ino me ka ho'opane'e 'ole 'ana a pono e ho'ōki koke i ka ho'opuka 'ana i nā puke a pau e pili ana i ia mau kumuhana; i ole ia, e pono no lakou i ka pōino o na hanauna e hiki mai ana. Ma hope o ka hō'ulu'ulu 'ana i nā 'oia'io kū'ē a me nā helu i loa'a i loko o nā puke e pili ana i ka mea'ai, ua kōnana pono wau a kaupona i nā hō'ike i loa'a a ua huki i ka mana'o kumu e pili ana i ka mea'ai mai kēia manawa e pono nā kōnana a pau e no'ono'o a like. hanai like.

E pili ana i kēia hopena, 'a'ole pono ka mana'o kōnana a me ka ho'okae.

No laila, 'oia ua hana nā puke i pa'i 'ia i kēia manawa e pili ana i nā mea'ai pono i a me nā 'ano mea'ai like 'ole i kā lākou hana, pono e ho'one'e 'ia lākou a pau mai ka ho'olaha 'ana i 'ole e huikau hou 'ia ka no'ono'o o ka lehulehu i kā lākou mau mana'o kū'ē. . 'O ia ho'i, 'o kēia mau puke a pau e pili ana i nā hana a me nā "pōmaika'i" o nā proteins, carbohydrates, momona, vitamins a me nā minela pono e pāpā 'ia.

No laila, pono kēia mau puke pō'ino a pau e ho'ā'o ai e hō'oia i ka waiwai o kekahi mau mea'ai i loko o kekahi mau mea'ai i loko o ia mau mea'ai.

'O kēia mau puke a kā lākou mea kākau e ho'ā'o ai e hō'oia i ka maika'i o kekahi mau 'ano hua'ai i ho'ohālikelike 'ia me nā mea 'ē a'e, pono e mana'o 'ia he mea 'ole. 'O ka hapa nui, hiki ke kuhikuhi 'ia ka noi'i e hiki mai ana i ka ho'okō 'ana i nā ho'okolohua ma'amaui i mea e hā'awi ai i ka 'ikepili kūpono e ho'oholo ai i ke ki'eki'e o ka ho'omohala 'ana a me nā pono o kahi papa mea'ai i ho'ohālikelike 'ia me nā papa 'ē a'e. No ka la'ana, hiki ke hana 'ia nā ha'awina e 'ike ai i ka 'oko'a ākea ma waena o nā hua'ai, cereals, pulses, nati, nā mea kanu 'ōma'oma'o a me nā a'a, inā loa'a ia mau 'oko'a.

Ma kēia hope aku, pono e lilo i hana nui a nā mea kākau holomua a pau, nā 'epekema, nā kauka, nā nūpepa a me nā mea kōkua kanaka e hō'ike i ka lehulehu i nā 'ano āpau o ka pō'ino nui i lawe 'ia e ka degeneration o nā mea'ai kūlohelohe a me ka paipai 'ana i nā kānaka e ho'olohe 'ole i nā kauoha. o ke ano.

Kino maoli a me kino hoopunipuni

'O ka mea kū'ai ma'a i ka mea'ai mo'a, 'o ia ka hui pū 'ana o 'elua kanaka i ho'okahi; elua ona kino. 'O ke kino mua, 'o ke KANAKA MAOLI, 'o ia ke kanaka 'oia'i'o pono'i, ka mea i kapa 'ia ma ke 'ano o ka 'ai kūlohelohe a mālama mau 'ia e ka mea'ai kūlohelohe. 'O ke kino 'elua, 'o ke KANAKA FALSE, ua ho'okumu 'ia ma ke 'ano o nā mea'ai kūlohelohe, kuke 'ia, a ho'omau i ka noho 'ana i ka mea'ai kūlohelohe wale nō.

'O kēlā mau pūnaeweale a pau i loko o ke kino kanaka, 'o ia ke olakino, kūikawā a me ka hana, mālama i ke ola a mālama i ke kanaka ma kona mau wāwae, ua kūkulu 'ia, hānai 'ia, hana 'ia a pani 'ia e nā mea'ai maoli. 'O ia nā pūnaeweale e hā'awi i ka ikaika i nā 'i'o, e ho'oponopono i nā 'oki'oki o ka na'au, e ho'ouna i nā mana'o o ka lolo i ke kino a hana i nā mea huna. Ma waho a'e o kēia mau pūnaeweale i ho'omohala nui 'ia, aia kekahi mau 'āpana 'ē a'e e like me ke 'ano o nā cell ma'amau, akā, 'oia'i'o, 'o ka hale ha'aha'a loa, nele i nā mīkini a me nā mīkini pono no nā hana kūikawā a ma'amau ka degenerated a me ka ma'i. Hānau 'ia kēia mau pūnaeweale, hānai 'ia a ho'onui 'ia me ka 'ai 'ole o ka mea'ai kūlohelohe.

I loko o ke kino o kahi mea'ai mo'a, noho lī'lī'i loa ke kanaka maoli lumi maoli. 'Oia i nā 'o ka mea 'oi aku ka lahilahi, aia ka hapa nui o ke kino i nā cell inactive.

Pono kēlā me kēia 'ōpū a i 'ole 'ōkana i kahi helu o nā pūnaehana ikaika a kūikawā, akā i ka wā i ho'okumu 'ia ai ka ho'opiha pono 'ana o ia mau cell, pau ke kūkulu 'ana i nā cell hou i loko o ke kino i hā'awi 'ia.

a i 'ole, e ulu a'e a hiki i ka nui loa. I kēia manawa, no ka mea, ua kapa 'ia nā cell ikaika ma o ka mea'ai kūlohelohe wale nō, 'oiai 'a'ole hā'awi ka mea 'ai mea'ai i kona kino i ka nui o nā mea'ai kūlohelohe, pono ke kino e ho'opau i ka hemahema a mālama i kona nui i loko o nā palena kūpono ma o ka hō'ilī'ili 'ana i kahi. kekahi helu o nā pūnaewele hana 'ole i hana 'ia mai ka mea'ai i kuke 'ia. 'O ia mau mea pono 'ole a me ka parasitic cell i nui i loko o nā 'āpana a me nā 'ōnaehana o ka mea 'ai mea'ai, 'a'ole i ho'oka'awale 'ia nā iwi, nā kui a me ka lauoho.

Eia nō na'e, hiki i ke kino o kekahi po'e ke hakakā i nā mea'ai kūlohelohe no kekahi manawa. 'Oia'i'o, luhi 'o ia i ka pale 'ana i ka ho'okumu 'ana o ke kanaka ho'opunipuni ma muli o ka emi 'ana o ka 'ai, nā ma'i 'ōpū, nausea, lua'i, insomnia, po'o a me nā 'ano like 'ole. Mana'o ka po'e 'ike pōkole i kēlā mau hō'ailona maka'ala e like me nā hō'ailona o ka nāwaliwali o ke kino, no laila ma kahi o ka ho'ōki 'ana i ka 'ai 'ana i nā mea'ai kūlohelohe, paipai lākou i kā lākou ho'ohana 'ana i mea e "hanai a ho'oikaika" i ka mea ma'i. A i ka wā ma lalo o ka ho'omau mau 'ana o nā mea'ai "nutritious" e hiki mai ana ka hakakā lō'ihi me ka lanakila 'ana o ke kanaka maoli, ua koi 'ia ke kino e ha'alele i kona kūpa'a kūpa'a a "ho'ololi" iā ia iho i kēlā mau mea'ai kūlohelohe. 'O kēia ka hō'ailona no ka hānau 'ana o ke kanaka wahahe'e, ka mea e ho'omaka koke e 'ai e like me ka 'īlio hae a ulu 'ole. Akā na'e, mana'o ka po'e 'ike pōkole i kēia ulu 'ana he hō'ailona pa'a o ka ho'ōla.

I ka hala 'ana o ka manawa, ua nāwaliwali ke kū'ē 'ana, a i kēia lā ua hiki ke kahua i ka hānau 'ana o nā keiki he nui me nā kino 'elua. Ho'omaka kēlā mau keiki e ho'omohala i ke kanaka wahahe'e ma mua o ko lākou hiki 'ana mai i ka honua. Hiki iā 'oe ke 'ike i ke kanaka wahahe'e i kēlā me kēia 'anu'u ma ka 'ā't a me nā wāwae o nā wahine, ma nā papalina momona o nā keiki, ma nā 'ā't a me nā 'ā't o nā kāne, a ma nā wahi 'ē a'e. Ho'ololi ke kanaka wahahe'e i nā hi'ohi'ona nani o nā kaikamahine 'ōpio i ko lākou wā mua o ke ola, ho'onele i ka po'e makua i ko lākou hiki ke hana. Komo ia i loko o ka pu'uwai, nā pu'upa'a, nā kī'aha koko, nā 'īli a me nā 'ī'o o ke kanaka a ho'opau i kā lākou mau hana. 'O ka 'ōlelo ma'amau, lawe 'o ia i ke kanaka maoli i loko o kāna mau pa'a a 'omi mālie a 'oki

Ke ho'omā'ona ka mea 'ai mo'a i kona pōloli ma ka 'ai 'ana i kekahi hua, 'o ia ho'i i ka manawa i hā'awi 'ia ua mā'ona ke kanaka maoli a 'a'ohe makemake hou i ka 'ai. Akā, 'a'ole i loa'a i ke kanaka wahahe'e kahi 'āpana o ka mea'ai maoli, no laila koi 'o ia i kāna mea'ai kūikawā i kēia manawa. 'O ka mea pō'ino loa, 'o ia ka hō'ike 'ana i kāna mau makemake maika'i 'ole ma o ka waha o ke kanaka maoli. 'O ka 'ī'ini nui i ka mea'ai mo'a, 'o ia ka mana'o o kēlā kupua a 'a'ohe mea pili i nā koi o ke kanaka maoli. Ho'ololi kēlā 'ī'ini i ka palaualelo i ka manawa e hui pū ai nā mana'o 'ino 'elua, ka ho'ohui a me nā makemake maika'i 'ole.

Ma 'ane'i ke kanaka maoli, me ka no'ono'o 'ole a me ka no'ono'o 'ole, hana i kahi hana ho'owahāwahā loa. Hana mau 'o ia i kēlā me kēia lā, loa'a ke kālā me ka 'eha nui a me ka pilikia, a laila, me ka 'eha nui a me ka pilikia, ho'ololi 'o ia i nā mea'ai maoli āna i kū'ai ai me kāna kālā pa'akikī i mau mea 'ino, a ho'okomo iā lākou i loko o kona kino ma o kāna. O kona waha pono, e hooluu ia lakou i loko o kona auwai ai, a komo iloko o ke kahe koko a haawi aku ia lakou i kela kupua, kona enemy ino loa, ana i hanai ai a hanai ma kona poli pono, a nona ke kino ino e hapai mau ana ma kona mau io nawaliwali.

Ma 'ane'i, pono wau e nīnau i nā mea olaola e ho'omaika'i nei i nā protein a ho'opa'a i nā mana'olana wahahe'e i ka mana'o o nā huaora artificial, inā 'a'ole lākou e aloha i kēlā mau kāne a me nā wahine e ha'alulu a ha'alulu i ko lākou hele 'ana ma ke alanui, hiki 'ole ke huki i ke kaumaha nui ke kanaka wahahee ma ko lakou mau wawae nawaliwali. Auhea ka lunamanoa a me ke kumu o ia poe? 'A'ole anei e hā'awi i kēlā mau mea momona a me ka 'ī'o i mea 'ai no ka no'ono'o? Ma hope o nā mea a pau, 'o ka corpulence ka hua o kā lākou "pololei holo'oko'a" holoholona a me ka berena ke'oke'o "digestible". E ho'ā'o wale e ho'onele i kēlā po'e momona i kā lākou berena a me kā lākou 'ī'o, a hānai iā lākou no kekahi manawa e nā kāmāwai ha'aha'a loa o ke 'ano, a laila e 'ike i ka hehe'e 'ana o kēlā mau diabolos a nalowale i loko o kekahi mau mahina.

Ke no'ono'o mākou i ka ma'alahi hiki iā mākou ke ho'opau i kēlā mau superfluous nā pu'u 'ī'o a hopena i ka ho'ihō'i piha 'ana e ka ma'alahi loa a

‘O ke ‘ano ma‘amaui, no‘ono‘o paha kākou no ke aha i huli ai ka po‘e o ke kula ki‘eki‘e i kahi motley o nā ‘ano pō‘ino a me ka no‘ono‘o ‘ole, me ka mana‘o ‘ole o ka holomua.

‘A‘ole i ho‘okumu ‘ia ke kanaka wahahe‘e i nā cell degenerate wale nō, akā ‘o ka ka wai nui, momona, concretions, paakai, mea make a me na mea ino e ae, i komo a laha iloko o na lua a me na kino o ke kanaka maoli. ‘O kēlā me kēia ma‘i, me ka ‘ole, ua kapa ‘ia i loko o nā ke‘ena o ke kanaka wahahe‘e. Aia i loko o nā pūnaeweale o ke kanaka ho‘opunipuni, kahi i hānau ‘ia ai ke kanesa.

Na ma'i i hanaia e ka uhai ana i na kanawai o ‘Ano

‘Elua wale nō kumu no ka haki ‘ana o kahi hale hana: nele o ke koena o kona mau mea maka a me na poino ku ole mai waho mai. ‘A‘ohe kumu ‘ē a‘e. ‘O nā pō‘ino i loa‘a i ke kino kanaka mai nā kumu o waho (ke ahi, ka ‘eha, ka ‘ona, a me nā mea ‘ē a‘e) hiki ke ho‘omaopopo ma‘alahi a ‘a‘ohe ku‘ikahi i nā ‘ano e ho‘ohana ai i kā lākou mālama ‘ana.

Ma waena o kēia mau pō‘ino o waho, hiki ke ho‘okomo ‘ia ka pō‘ino i hana ‘ia i ke kino e nā lā‘au lapa‘au pono‘ī a pau, nā huaora artificial, nā minela, ka wai‘ona, nicotine, ti, kofe, a me nā mea make he nui i ho‘okomo ‘ia i loko o ke kino me ka mea‘ai i kuke ‘ia. a mālama ‘ia i loko o kēlā me kēia okana.

‘O ia wale nō ka harmonious a me ka hala ‘ole o ke kanaka ‘O ke kino nā mea kanu maka i ho‘oholo ‘ia e ke ‘ano. ‘O ka ho‘ololi li‘ili‘i loa i hana ‘ia i loko o ia mau kino, ‘o ia ka ho‘onāukiuki i ka lokahi o nā mea maka o ka hale hana i hā‘awi ‘ia; ‘o ia ho‘i, ka wehe ‘ana i nā hana kūpono o ia hale hana; ‘o ia ho‘i, ‘o ia ka ma‘i. E like me nā kāmāwai o ke ‘ano, pono e mana‘o ‘ia kēia ma ke ‘ano he axiom, ‘a‘ole pono e kāmālua a ‘oko‘a ka mana‘o.

Ua kapa ‘ia nā mea maka o ka hale hana kanaka, NOURISHMENT.

Ua kūkulu ke 'ano i nā mea pono no ke kanaka me ka helu pololei 'ana i ka wā e ho'okomo ai mākou i ho'okahi hua waina i loko o ko mākou waha, ua haki kēlā hua lī'ili'i a laha a puni ke kino e ho'olako i kāna mau pono āpau me ka 'ole o ka 'oko'a. Ho'okumu mua kēlā berry i ke 'ano kumu o nā cell ma'alahi, a laila kūkulu 'o ia i nā 'ano kūloko āpau o nā cell i ho'oka'awale 'ia, hā'awi i nā mea pono no ka hana 'ana, ho'oma'ema'e a ho'oma'ema'e i nā 'āpana āpau a ho'omaika'i i nā mea i hō'ino 'ia, ho'ololi i ka mea kahiko a 'O nā pūnaeweale luhi e nā pūnaeweale 'ōpio, ho'olako i ka wahie i nā ka'a a ho'okau iā lākou i ka ne'e 'ana, hā'awi i ke kino i ka mehana a me ka ikaika e pono ai, a hana i nā hana 'ē a'e i koi 'ia mai ia mea.

Hiki paha i ka mea heluhelu ke no'ono'o pehea ka loa'a 'ole o ka po'e i 'ai 'ole i ka hua i kekahi manawa no nā pule a i 'ole mau mahina i ka hopena a ke mālama nei lākou i ke ola. 'O ka pane, 'o ka 'ōlelo ma'amau, 'o ka mea 'ai mea'ai i ho'opa'a 'ia e lawe i kahi mea'ai maka i kēia manawa a laila. I kekahi manawa, pololi maoli na keena ma'amau no na pule a me na mahina, aka, no ka mea, he mau mea ai i hoohuoi loa ia na hua, he uuku loa ia mau mea e paa ai ke kanaka ma kona mau wawae. Akā inā ho'olō'ihi 'ia kēlā pōloli (no ka mea 'a'ole i mana'o ke kumuhana iā ia iho i kēia pōloli), aia i loko o ke kino nā ma'i like 'ole, nā 'eha a me nā ma'i ma'i, 'o ka mea ko'iko'i loa 'o ia ka scurvy.

I ka wā scurvy, e ho'opau mālīe 'ia nā 'āpana, ma muli o ka loa'a 'ole o nā mea momona maika'i. Ma hope mai, ho'omaka nā paia o nā capillaries e haki, e ho'onui ana i ke koko. I kēia manawa, lilo ka 'ā'i i ka 'ā'i a me ka 'ōhule, hā'uile nā niho a uhi 'ia ke kino holo'oko'a o ka mea ma'i i ka ma'i 'eha. I ka mana'o o ka po'e pōkole, 'o kēia ma'i ma muli o ka nele o ka huaora C. 'O nā mea'ai a pau i kuke 'ia, nā lā'au lapa'au a me nā huaora artificial o ka honua, 'a'ohe mana e ho'opakele i ke ola o kēlā ma'i. Inā 'a'ole 'o ia e 'ai i nā hua'ai hou a i 'ole nā mea kanu, 'a'ole hiki ke 'alo 'ia kona make.

Ua 'olu'olu loa ke 'ano i ke kanaka, akā ho'ohana ke kanaka i kēlā 'olu'olu. 'O ka cytologist 'Amelika 'o EV Cowdry

'Ōlelo mai: "'A'ole ko'iko'i ka poho o ka ho'okele waiwai kino o ka lawelawe i a'o 'ia e nā cell i lilo i 'ino'ino, no ka mea, aia nā koena i nā 'ano 'āpana kūikawā āpau i hiki ke kāhea 'ia inā pono, i kapa 'ia 'o physiologic reserves. Nine-umi. o ka adrenal cortex, 1/2 o na akemāmā, 3/4 o ke ake, 4/5 o ka thyroid a me ka pancreas a me ka spleen a pau hiki ke wehe 'ia me ka palekana" (CANCER CELLS, Philadelphia and London, 1955, p. 11). 'Oiai 'o ka cytologist kaulana loa ma ka honua he pōkole ka 'ike 'ole 'a'ole 'o ia i mana'o i ka nalo 'ana o ka 'eiwa hapa'umi o kahi gland i mea ko'iko'i i ke kino; 'ike 'ia ka poho iā ia i ka wā e pau ai ka hana 'ana o ke kino i hā'awi 'ia. Akā, hiki mai ka ha'awina a Cowdry e hō'ōia i ka mana'o'i'o i mālama 'ia e ka po'e 'ai maka i ka emi 'ana o ka 'ai 'ana i ka mea'ai maka e ukali 'ia e ka ho'emi like 'ana o ka heluna o nā pūnaewe hana, a no laila, i ka hiki ke hana o kahi gland i hā'awi 'ia. Ho'omau pinepine nā 'āpana o ka mea 'ai mea'ai mo'a i ko lākou ola ma o ka hana 'ana o ka hapa'umi a i 'ole ka hapalima o ka ho'opiha ma'amau o nā cell.

KE LAWE ANA I NA KANAWAI O

NATURE KE KUMU O KA MA'I NO KA HUNA; akaka nā mea a pau e like me ke ao. I ka emi 'ana o ka helu o nā mea ma'amau, nā cell ikaika ma o ka emi 'ana o ka nui o nā mea'ai maoli i 'ai 'ia, hā'ule nā kele a me nā 'āpana i kā lākou hana a lilo ka hua i mea 'ilihune, lawa 'ole a hemahema, no ka hemahema o nā mea maka. 'O ka hopena, ua ma'i nā 'ōpū a me nā 'ōpū i hā'awi 'ia. Eia hou, no ka mea, he kakaikahi wale na sela hana e koe ana, a ua pololi ka poe i koe, a ua pau na paia o ka naau, a ua pōino na kiwi; 'o kēlā mau 'āpana 'ili o ka 'ili, ka 'ōpū, ka 'ōpū a me nā lālā 'ē a'e o ke kino i ho'opilikia mau 'ia; 'O ka ho'omāhuahua 'ana o nā capillaries a pohā, ka hopena o ka 'eha o ka 'ōpū a me ka 'ōpū, ka ho'oku'u 'ana mai ka mucous membranes, pyorrhea, hemorrhoids, eczema, a pēlā aku. Popopo ka niho no ka lawa ole o ka ai; hina a hina paha ka lauoho. I ka manawa like, me ka hō'ilī'ilī 'ana o nā mea 'awa'awa i ho'okomo 'ia i loko o ke kino ma ke 'ano o nā mea'ai mo'a 'a'ole hiki ke ho'ohana 'ia nā hono; ua uhi 'ia nā paia o nā kī'aha koko me nā waiho pa'akikī; Ua ho'okumu 'ia ka pōhaku (a i 'ole calculi) i ka

‘ūmi’i; sclerosis, ke koko ki’eki’e, sciatica, rumatika, gout a me nā ma’i ‘ē a’e e ‘ike ‘ia. ‘O ka mea hope loa, ua lilo ia i mea ma’alahi e wehewehe i nā kumu o ka ho’ouka ‘ana a apoplectic ma’i ‘a’i.

‘A’ohe mea ‘ai moa e mana’o iā ia iho he olakino. Ua ho’okumu ‘ia ke kumu o kona ma’i ma’i e kona makuahine ‘ai mea’ai ma mua o kona hānau ‘ana. Ua ho’oha’aha’a ‘ia kona mau kino a i kēlā me kēia manawa ke pilikia lākou a i ‘ole ka ho’opau ‘ana i kā lākou mau wahi hope o ka ikehu. Ma hope o ka heluhelu ‘ana i kēia mau laina, ‘o ka mea i mana’o nui i kona olakino a mālama i kona ola, pono e ho’oholo pa’a i kēlā pilikia a ho’oponopono pono i ka pō’ino i hana ‘ia i kona kino. ‘O ka mea nui, ‘o ka po’e i loa’a i ka momona a me ke koko ki’eki’e, ‘a’ole pono lākou e kānalua no kekahi manawa, no ka mea, ke kau nei ko lākou ola i kahi kaula. ‘A’ole pono lākou e ‘ae i ka hua’ōlelo "mana’o ‘ole" e ‘ike ‘ia ma kā lākou ho’olaha ho’olaha i ka lā ‘apōpō. ‘O kēlā hua’ōlelo ka hō’ike ‘oi loa o ka na’aupō o ke kanaka "civilized".

‘A’ole pono e uē ke pēpē me ke kumu ‘ole; ‘A’ole pono ‘o ia e hele i ka pō ho’omaha a i ‘ole e loa’a i ka ma’i ‘ōpū, ‘a’ole ho’i e emi mai ke kuni. ‘A’ole ‘o ia e ‘ike i ka hemahema o nā huaora a i ‘ole ka calcium. ‘O kēia nā hopena o nā mea’ai mo’a, nā waiu a me ka ha’aha’a o ka waiū o kona makuahine ‘ai mo’a. Ke hai hou aku nei au he hewa lokoino loa ka maa i ke keiki hanau hou i ka ai. A hiki i kēia manawa, ua hana ‘ia kēia hewa e nā mākuia a pau me ka mana’o ‘ole; ma keia hope aku, e manaoia he karaima i manao mua ia. ‘Apōpō, ‘a’ole hiki i nā mākuia ke ho’opau i ko lākou hewa.

Ma mua o ka ho’oholo ‘ana e hana i kahi ‘oki’oki, pono ka mea ma’i e hele hou i ka ‘ai maka piha. Inā ‘a’ole nalo loa ka ‘ōpū i ho’opō’ino ‘ia i kona ho’opiha piha ‘ana i nā cell active, hiki iā ia ke ho’i’ho’i hou i kāna hana piha ma ka hānau ‘ana i nā cell olakino a ho’opau i nā mea ma’i.

I ka wā e loa’a ana nā ma’i ma’i i loko o ke kino o ke kanaka, aia ka makemake nui i ka mea’ai mo’a. Akā, ke ho’oma’ema’e ‘ia ke kino i kāna mau ma’i ma’i, ho’opiha ka ‘ike ‘ana i nā mea’ai i kuke ‘ia

kanaka me ka hoowahawaha, ma kahi o ka lealea. 'O'i aku ka ikaika o ka "pōloli", 'oi aku ka hohonu a me ka graver ka ma'i. 'O ka pōkole, 'o ka makemake i ka mea'ai mo'a he makemake i ka ma'i, a 'o ka ho'omau 'ana o ia makemake e hō'ike ana i ka ho'omau 'ana o ka ma'i. No laila, i mea e ho'opau ai a ho'opau i ka ma'i, pono e pōloli ke kanaka wahahe'e.

Pono e ho'okomo koke 'ia ka po'e ma'i ma'i ma'i i kahi mea'ai 'ai maka, e like me ho'okahi paona 'āpala a i 'ole nā hua waina i ka lā.

Ua lawa kēia nui i mea e ola ai ke kanaka maoli, 'oiai 'o ka ma'i kanesa, 'a'ole hiki ke loa'a i kekahi mahele o ia mea, e make mālie. 'O ka mea i ho'opa'i 'ia i ka make, 'a'ohe ona kuleana hou e ho'omā'ona i kona 'ā'i ma ke kumu kū'ai o ka wikiwiki o kona hopena.

E nana kakou i keia manawa he 350,000 ano laau make a lakou i kapa ai he laau lapaau.

Hiki paha iā lākou ke ho'onui i ka helu o nā cell i ho'oka'awale 'ia, ho'oikaika i nā pūnaewe nāwaliwali a hā'awi paha i nā mea kīnā i hiki ke hana hou? Hiki iā lākou ke hā'awi i nā mea maka i nā 'ōpū pōloli a i 'ole ke ho'ololi i nā mea momona i pau i ke ahi? Hiki iā lākou ke ho'oikaika i nā 'i'o o ka pu'uwai a ho'oma'ema'e paha i nā kī'aha koko i ko lākou haumia? Hiki iā lākou ke ho'ōki i ke kahe mau 'ana i loko o ko kākou mau kino o ka lepo a me nā mea 'awa'awa i ho'okomo 'ia i loko o ko kākou kino me nā mea'ai mo'a? 'O ka hope, hiki iā lākou ke ho'oka'awale a ho'opau i nā pūnae ma'i ma'i i kēlā me kēia a ho'iho'i iā lākou i ke kino? Malia paha he 'āpana ko'iko'i kēlā mau mea 'awa'awa i kā mākou mea'ai a ma muli o ka nānā 'ana i pōina ai ke 'ano i ka ho'okomo 'ana iā lākou i loko o nā mea'ai maoli.

'O ka 'oia'i'o o ka hopena o ia mau mea

ho'ohiwahiwa, ho'opunipuni, 'ikea, kū'ē a ho'opō'ino mau.

'O ka palapala nui e pili ana i nā waiwai pono o nā lā'au lapa'au ka mo'olelo o ko mākou mau makahiki. 'O kahi honua nui o nā mana'o ho'omana e pa'a i nā kākā a pau o kēia honua ma lalo o kona mana pa'a a lawe nā lā'au lapa'au ma luna o lākou iho i ke kuleana o nā talismans.

Pono mākou e iho i lalo mai ke ki'eki'e o ka nani a lawe i kahi mana'o maoli i kēia mau pilikia. 'O kahi cell li'ilī'i li'ilī'i loa i loko ona iho, 'oi aku ka pa'akikī ma mua o nā hale hana a ke kanaka. 'o kēia

‘ike ‘ia mai ka ‘oia’i’o ma‘alahi loa me kā lākou ho‘oikaika ‘ana a pau
‘a‘ole i hiki i ka po‘e akamai o ka honua ke ho‘okumu i kahi cell ola
ho‘okahi. A ‘o kēlā me kēia okana i haku ‘ia he mau milimilia o ia
mau cell. Eia na‘e, mana‘o kekahi kauka ma‘amau iā ia iho he loea
o kēlā mau honua ākea. I ka wa e kakau ai kela kauka i ka inoa o
kekahi "laau laau make" ma kekahi apana pepa, manao wale oia ua
hiki iaia ke hoihoi hou i na hana i hooponopono ole ia o na hale hana
ma ke kau ana o ka laau make hookahi. I ka pa‘a ‘ana i ka‘u mau keiki
li‘ili‘i ma ko lākou mau lima, no nā makahiki he nui, ua auwana wau
mai kekahi ‘āina a i kekahi ‘āina me ka mana‘olana e ‘ike i kēlā elixir
hā‘awi ola! Me ka mana‘olana like ‘ole e kīkēkē ‘o kēlā me kēia ma‘i ma
ka puka o kāna kauka i kēia lā a i ‘ole i kona wahi ma ka laina o ka
haukapila.

Oiai ka mea e ola‘i o kela a me keia ma‘i, aia wale no ma ka lima
o ka mea mai pono. E LOAA ANA KE KUMU O NA MA‘I A PAU I KE AHI
KUMINA. ME KA NALO O KELA AHI E NALO ANA NA
EHA A PAU O KE KANAKA. ‘O ka ‘ai maka piha ‘a‘ole wale ia he mea
pale i kēlā me kēia ‘ano ma‘i, akā ho‘ōla loa ia i nā ma‘i āpau i loa‘a mua,
mai ka ma‘alahi a hiki i ke ko‘iko‘i a pa‘akikī, ‘oiai ke pa‘a mau nei ke
kino i kekahi mau hō‘ailona o ke ola.

I loko o kēia puke li‘ili‘i, ‘a‘ole hiki ia‘u ke hana lō‘ihi i kēia
kumuhana. Ua lawa ka hō‘ike ‘ana i ho‘okahi hi‘ohi‘ona. ‘O nā ma‘i ma‘i
cardiovascular ka pō‘ino o ke kanaka i kēia lā. Ma kekahi mau
‘āina, ‘oi aku ka nui o ka make no nā ma‘i like ‘ole o ka pu‘uwai ma
mua o ka hapalua o ka nui o ka make, a ke pī‘i mau nei ka hapa. ‘O
nā lā‘au lapa‘au āpau e kū nei e kū‘ē i kēlā mau ma‘i he mau hana
ho‘opunipuni. Ma ka ‘ona ‘ana i ke kino, ho‘onāukiuki a i ‘ole, ho‘opau
i nā a‘alolo a ho‘oulu i ka hana o ka pu‘uwai, ho‘onele lākou i ke
kino i kona koena o ka ikaika. E ‘ike i ka ‘oia’i’o ‘o nā kauka ka po‘e i
loa‘a i ka pu‘uwai pu‘uwai. Eia na‘e, ma waena o nā ma‘i āpau, ‘o nā
ma‘i cardiovascular ka mea hiki ke mālama ‘ia. E ho‘opau ka Raw-
Veganism i kēlā mau pepehi kanaka na‘aupō.

Inā 'o ka mea ma'i i ho'opa'i 'ia e make i ka pu'uwai i loko o kekahi mau pule a i 'ole mau mahina e 'imi i ka pu'uhonua ma nā kānāwai o ke 'ano a ho'ololi i ka 'ai maka i kēia lā, e mana'o 'o ia i ka ho'omaika'i wikiwiki 'ana i kona kūlana kokoke i ka pō. Mai ka lā mua loa e ho'omaka koke ana kona mau kī'aha koko e nalowale i ko lākou mau haumia, a 'o nā paia o kona mau a'a, a me nā mea o kona pu'uwai a me kona mau kiwi, e loa'a i kahi ho'olimalima hou o ke ola me kahi ho'ohui hou o nā pūnaehana ikaika, me ka mālie. loa'a hou i ko lākou elasticity kūpono a pa'a. 'O ka hopena, ma kahi o ka make i loko o kekahi mau pule, hiki i ka mea hou i ka 'ai maka ke nānā i mua me ka hilina'i i ke ola olakino o 50 a 'oi a'e paha mau makahiki. 'O ka nīnau e pili ana i ka ho'ololi 'ana i ke ola ma'i o kekahi mau pule e ke ola olakino o ka hapalua haneli, 'a'ole pono mākou e 'ae i ke kānalua e komo i loko o ko mākou na'au. 'A'ole na'auao ka mana'o 'ana i nā make he hikiwawe a mana'o 'ole 'ia. I ko'u ike ana i na wahi i'o a me ka berena e komo mai ana iloko o ka waha o ka mea i hoohuoi ole ia, ke manao nei au i ka emi koke ana mai o na paia o kona puuwei a me kona mau aa koko, a i na manawa apau a'u e manao ai he puuwei puuwei.

Ma ka 'ōlelo ma'amau, 'ehā mau kumu kumu o nā ma'i: 1. 'O ka hemahema i ka helu o nā pūnaewe'e 'oko'a. 2. 'O ka lawa'ole o nā mea maka e pono ai no nā hana o nā'ōpū. 3. 'O ka loa'a 'ana o nā kino 'ē a me nā sela parasitic i loko o ke kino. 4. 'O ka nāwaliwali o ke kū'ē'ana o nā pūnaewe'e i ka ma'i bacteria. 'Ai 'ai maka me kēia mau kumu 'ehā mai ka ho'omaka 'ana a hā'awi i ka hopena maoli i ka pilikia o ka ma'i.

Eia nō na'e, i ka wā mua o ka 'ai maka, 'ike 'ia nā mea 'ai 'ai kuke i nā pilikia like 'ole, e hā'awi i ka po'e no'ono'o 'ole i ka mana'o wahahe'e e ho'opau nā mea'ai kūlohelohe i ke kino a hō'ino i ke olakino. 'O kēia kuhi hewa ka hō'ike 'oi loa o ka 'ike pōkole o ke kanaka o kēia mau lā. 'O ka mana'o wale nō e hahai 'ia ka mea'ai NATURAL e UNNATURAL a me nā hopena pō'ino he mana'o pupule loa ia, pono e kipaku 'ia mai ko mākou mau mana'o.

Pono e ho'omana'o 'ia mai 40-50 kilos a 'oi aku paha o ke kāne

He haneri kilo ke kaumaha o ke kanaka wahahee, e hoomaka koke ana e hehee, a me kona mau keena ma'i, momona, concretions a me na mea make, e holo wikiwiki aku i ke kahe koko, i haalele ai i ke kino ma na ano hoolele like ole. ka pehu, ka mimi a me ka hou. I ka nana ana i na mea e i loko o ka mimi a me ke koko, e manao ke kanaka makapo pokole ua hana ia mai na mea ai maoli, aka, noloko mai o ke kino hoowahawaha o ke kanaka wahahee, e mae malie ana a haalele i ke kino a mau loa aku. . 'O ia ke kumu 'a'ole pono e ho'omalua 'ia ka ho'ololi 'ana i ka 'ai maka e nā pae ma'amaui o ka 'epekema lapa'au; akā, pono mākou e hā'awi wiwo 'ole i nā kānāwai o ke 'ano a e nānā i mua i nā hopena hope me ke ahonui a me ke ahonui.

I loko o kēlā manawa, hiki ke 'ike 'ia nā hō'ailona o ka flatulence, 'eha o ka 'ōpū, 'eha po'o, 'eha'eha, nāwaliwali ākea, a pēlā aku. I kekahi mau hihia, lilo ka mimi i ka 'ūhū, pehu nā wāwae, 'ike 'ia nā 'ōpala ma ke kino, a malo'o a me ka 'ili ma kekahi mau wahi o ka 'ili. 'O kēia mau hana a pau o ka ho'oma'ema'e a me ka ho'ōla 'ana, no laila 'a'ole pono e hā'ule kekahi i ka mana'o o ka "pōloli" a, me ka ho'okipa 'ana i nā kānalua e pili ana i ke akamai o ka Mea nāna i hana, e hele i nā 'aina 'aina "mea'ai", - nā protein "kūpono piha" a nā 'akika amino "hiki 'ole ke ho'ololi 'ia" no ke kōkua. Ina he naaupō kekahi e hana pela, e nalo koke ana keia mau hoailona, aka, e pōino ai ke ola kino. 'O ke kanaka wahahe'e e kani'uhū a'aka'aka i ka na'aupō o ke kanaka maoli, e ho'omaka hou e ulu me kahi ho'olimalima hou o ke ola.

'Oko'a kēlā mau hō'ailona i ka hanana a me ke ko'iko'i mai kekahi kanaka a i kekahi, a hiki 'ole ke 'ike 'ole 'ia i kekahi mau hihia. Ma ke'ano he kūlana, hiki ke ko'iko'i i ka po'e'elemakule a me ka po'e corpulent, ma'alaha i ka po'e'ōpio a nele loa i nā keiki hānau hou, e ho'omaka ana e ulu ma ke'ano ma'amaui. 'O ka 'ōlelo ma'amaui, i loko o ke kino o kahi kanaka momona nui loa, ua 'oki 'ia ke kanaka ho'opunipuni i ke kanaka maoli ma lalo o ke kaomi 'ana o kona kaumaha kaumaha, 'a'ole i koe he "'ili a me nā iwi." I ka wā mua o ka 'ai maka

e hoemi nui ia ke kaumaha o ia kanaka a hiki i ka poe i hoomaopopo ole i ke ano maoli o ka hoololi e hoomaka ai e minamina iaia.

Akā, he kī'i 'ike wale nō kēia o ka mea e hana nei.

I loko o ke kino o ka mea 'ai maka, ua ho'omaka ke kanaka maoli e loa'a ke kaumaha mai ka lā mua a, ma hope o ka ho'opau 'ana i ke kanaka wahahe'e, e ho'omau 'o ia e ulu ma ke 'ano ma'amaui a hiki i kona kaumaha ma'amaui. . I ke kanaka wiwi loa, o ka hoonui ana i ke kaumaha o ke kanaka maoli, e kua ana i ka poho i loaia i ke kanaka wahahee, i loaia ai ka upena ma ke kaumaha mai kinohi mai.

'O kēia ulu 'ana o ke kāne maoli, 'oi aku ka wikiwiki o nā keiki wiwi, pallid a nāwaliwali. 'A'ole pono mākou e mana'o e like me nā keiki 'ai maka e like me ka pu'upu'u a me nā wāwae wāwae e like me kā lākou mau hoa pā'ani 'ai mo'a, no ka mea, 'o ka pulupulu ka hō'ailona o ke kanaka wahahe'e. 'O nā keiki 'ai maka, he 'u'uku, 'ā'i a me ka 'i'o. Ma muli o ka na'aupō loa e hau'oli ai nā mākuia mana'o ma'alahi i ka momona o kā lākou mau keiki.

I ko'u ho'ololi mua 'ana i ka 'ai maka, ua ho'omaka ke ka'ina ho'oma'ema'e nui i loko o ko'u kino. 'A'ole au i 'ike i nā hō'ailona o ka nawaliwali, akā ua loa'a ia'u i ka 'eha o ko'u 'ōpū, ua ho'omaka ka malo'o o ka waena ma waena o ko'u manamana lima a me nā manamana wāwae, a ma hope o ka 'ili 'ana a me ka 'ili 'ana, ua pohā ka 'eha ma ko'u kino, a ma kekahi mau wahi o ko'u mau wāwae ka 'ili. malo'o a 'ili 'ia i nā 'ōpala. 'O ko'u mau wāwae, a hiki i ia manawa e pehu pinepine ai i kahi li'ili'i li'ili'i, ua pehu nui loa, a 'o kēia pehu he mau mahina e ho'omaha ai. A ma hope o kekahi manawa, ua lilo ka'u mimi i mea 'ele'ele. I loko o ia manawa holo'oko'a ua ho'oma'ama'a au ia'u iho ma ka hele wāwae lō'ihi ma mua o ka'u i hana ai i ko'u ola ma mua. He mea akaka loa ia'u, malalo o ka hooikaika mau ana o ka ai maoli a me ka hooikaika kino kino, ua hoomaka e hehee a nalo na laau i hoahuia iloko o ko'u mau aa koko a me na ami iloko o na makahiki he 50 o ka ai moa ana. I mea e maopopo ai ia'u i ko'u mana'o'i'o, ua ho'ōki koke au i ka 'ai maka a no nā lā 'ekolu a'u i 'ai ai i nā 'i'o wale nō. I ka la mua, ua emi iho ka hupo o ko'u mimi, i ka lua o ka la, he mau meheu liilii wale no i koe, a i ke kolu o ka la ua nalowale loa.

I ko'u ho'omaka 'ana i ka 'ai maka, ua lilo hou ko'u mimi i ka 'ūhū, akā

‘a’ole i kona ‘eha mua, a ma‘ema‘e mālie i loko o kekahi mau pule.

‘O nā lā ‘ekolu o ka ‘ai ‘ana ua ho‘olohi i ka wikiwiki o ka ho‘oma‘ema‘e ‘ana i ko‘u kino. ‘Oiai, ua loa‘a ia‘u kahi ‘ike hou i ka manawa like. ‘O ka wai i lawe ‘ia me nā mea‘ai pa‘akai ua ho‘onui i ke kaumaha o ko‘u kino i ‘ekolu kilo i ka lā ho‘okahi.

‘O ka mea pōmaika‘i, ua ho‘i au i ko‘u kaumaha mua i ka hā o ka lā ma hope o ka ho‘omaka ‘ana o ka ‘ai maka.

He mea maika‘i paha i ka mea hou i ka ‘ai maka i ka pu‘uwai ‘ai hou ma hope o kekahi mau mahina o ka ha‘alele ‘ana i nā mea kuke. Ma ka ho‘ohālikelike ‘ana i nā ‘ōnaehana ‘elua o ka mea‘ai, ua lilo ‘o ia i ‘oi aku ka mana‘o o ke ala āna i koho ai ‘o ia ke ala pololei, a ma hope ‘a’ole ia e moe‘uhane e hana hou i ka ho‘okolohua.

Ua hala malie ka pehu ikaika o ko‘u mau wawae i kekahi mau mahina. I ka manawa like, ua loa‘a ia‘u kekahi mau pehu ma‘alahi lō‘ihi; ‘o kēia ho‘i, ua emi iho i loko o nā makahiki e hiki mai ana a nalo loa. Hō‘ike ‘ia nā hō‘ailona like, ‘oi aku a li‘ili‘i paha, i ka nui o nā mea ‘ai maka, e kākau mai ia‘u e pili ana iā lākou mai nā wahi a pau o ka honua.

‘O ka mea nui a‘e ‘o ka nalo ‘ana o ka‘u mau pu‘u. ‘A’ole au i ho‘omaha a ho‘omaha paha ka ma‘i hemorrhoids no kekahi mau makahiki he 15 a 20 paha. I kēlā me kēia lā, i ‘elua manawa ‘elua i ka lā, pono wau e ho‘ololi i ko‘u lole lalo. ‘A’ole i emi iki ka mumū; ua ho‘oku‘u mau ‘ia ka pus, mucus a me ke koko. ‘Oiai ma hope o ko‘u ho‘ololi ‘ana i ka ‘ai maka, ‘oiai ‘o ka hana mau i ho‘okomo ‘ia i loko o ka hana o ko‘u mau ‘ōpū, ‘a’ole i loli ke ‘ano o ko‘u mau pu‘u. Ma hope o kēlā me kēia ho‘oikaika kino, a i ‘ole ma hope o ka hele ma‘alahi, ua nui loa ka huhū a mana‘o wau i kekahi manawa, ma muli o nā loli kino i hana ‘ia, malia paha ‘a’ole makemake nā pu‘u e hā‘awi i ka ‘ai maka a i ka ‘o ka hopena e koi ‘ia au e waiho i kahi hana ‘oki‘oki ma hope o nā mea a pau. Akā i ka manawa like, ‘a’ole au i pau ka mana‘olana i ka mana o ke ‘ano. A ‘oia‘i‘o, i kekahi mau mahina ma hope mai ua ho‘omaka ke kūlana e hō‘ike i kahi holomua maika‘i. Ho‘ololi ‘ia ka huhū i kēlā me kēia lā i ‘elua manawa i ka pule, a laila i ho‘okahi manawa i ka pule, ho‘okahi manawa i ka mahina

a ma hope aku i ho'okahi manawa i kēlā me kēia 'elua a 'ekolu mahina, a hiki i ka hopena o ka ho'oma'ama'a 'ana i kēia lā, 'a'ole wau i mana'o ua loa'a ia'u i ka hemorrhoids. Ua wikiwiki loa ka lā'au i ka wā i ho'omaka ai au e 'ai i nā salakeke o ka palaoa ulu i kēlā me kēia lā. I kēia manawa ke lawe nei kēia mau kūlana iā mākou he alo a he alo me kahi 'oia'ī'o nui loa.

He mea 'ike maopopo 'ia 'o nā pu'u ma muli o ka nāwaliwali o ka elasticity o nā paia rectal a me ka distention o nā veins ma ka 'ao'ao ha'aha'a o ka 'ōpū. 'O ka ho'ōla 'ana i nā pu'u ma ka 'ai maka, he hō'ike ia, ma o ka ho'ololi 'ana i nā cell degenerated i loko o ke kino e nā cell active, i ka wā lō'ihī e ho'ololi hou 'ia nā paia o nā 'ōpū a me nā kī'aha koko, e loa'a ai ka elasticity a me ka pa'a pono. . 'O ka mea nui a'e, 'o ia ka hana 'ana o kēia ka'ina hana i ka manawa like i loko o ka 'ōpū, ka 'ōpū, nā veins, nā capillaries a me nā a'alolo, a i loko o kēlā me kēia okana a me ka 'ole. 'O ia ho'ī, ua ho'ihō'ī hou 'ia ke kino ma'ī a me ka ma'ī o ka mea 'ai i kuke 'ia me kahi ho'ohui hou o nā 'ōpiopio, kūikawā a me ke olakino. 'O ka ho'onui 'ia 'ana o ka mana moe kolohe ma ka 'ai maka e lilo ia i mea kāhāhā i nā mea a pau, 'oiai ma nā hana moe kolohe 'o ka ho'oha'aha'a ko'iko'ī ko mākou kumu pa'a. E ho'okumu nā mea 'ai maka i nā mo'olelo hou a 'ike 'ole 'ia. 'O kēia kahi e loa'a ai ka moe'uhane o ka po'e alchemist, ka elixir o ke ola. 'A'ole lākou e ho'ohālikelike i nā hopena i loa'a i loko o kekahi mau hola ma o nā lā'au lapa'au, akā nā hana kumu no ka ho'ōla 'ana i nā ma'ī ma o ke kūkulu hou 'ana i ke kino holo'oko'a.

Inā 'a'ole i pau ka pau 'ana o nā ke'ena o ke kino a i 'ole ka 'ele'ele, hiki i ka hānai kūlohelohe ke hiki iā lākou ke ho'ihō'ī i kā lākou mea ho'opiha pono o nā cell ma o ka hānau 'ana i nā sela hou, a i ka manawa like e ho'opau ai i ka noho 'ana o nā ma'ī a me ka pono 'ole. 'A'ole na'e he mea e ho'ihō'ī ai i ke kino make, e like me ka niho pohō, i kona kūlana mua. 'O ia ke kumu, ma nā mea e pili ana i ke olakino, weliweli ka ho'opane'e.

Noho ka mea 'ai mo'a ma ka hana o ka hapalima a i ka hapa'umi o kona mau 'ōkana a me kona 'ōpū, akā na'e, 'oiai hiki iā ia ke kū i kona mau wāwae, mana'o 'o ia iā ia iho he olakino. 'O ka'oi aku ka'ino, 'o ka pilikia o ka nele

'oiai 'o ka hapa'umi e kau mau ana ma luna ona e like me ka pahi kua a Damocles, 'oiai ke loa'a iā ia kekahi mau 'aha'aina "maika'i".

Ua hō'ike 'ia nā noi'i o nā cytologists ma waho a'e o nā cell indolent i loa'a i loko o ke kino o ke kanaka nā 'ano mea like 'ole multinucleated giant cell (polykaryocytes), uninucleated over-sized cell (megakaryocytes), a me nā 'ano 'ano o nā cell degenerate. Aia ia mau keena "ma'amau" i loko o nā 'ōpū a me nā 'ōpū a pau, a i loko o ke kahe koko o nā mea 'ai i kuke 'ia. Pono ka po'e 'epekema noi'i e 'ike i kēia mau mea a me ka nui o nā aberrations 'ē a'e i loko o nā kino o nā mea 'ai mea'ai āpau e mana'o iā lākou he "ma'amau" a i 'ole "kūlohelohe" hanana.

'A'ole noho mau nā mea'ai maoli i loko o nā 'ōpū ho'ohēhe'e no nā hola he nui a, inā i 'eli 'ia a 'a'ole paha, waiho i ke kino ma ke ala ma'amau, 'oiai 'o nā mea'ai i kuke 'ia, 'oi aku ka nui o nā mea i loa'a mai nā kumu holoholona, e mau ana i loko o ke kahawai 'ai no 'ekolu. 'ehā lā, i kekahi manawa no nā pule. I kēia manawa, 'ike maopopo 'ia 'o ia ma hope koke o ka make 'ana o nā sela holoholona e ho'omaka e decompose, me ka ho'oku'u 'ana i nā 'ano mea 'awa'awa nui e like me kā lākou hana 'ana. No laila, 'a'ole mea'ai holoholona make 'ole ma ka papa 'aina o ka mea 'ai mo'a. 'A'ole ia he mea kupanaha, ma hope o ka noho 'ana i loko o ka 'ōpū o ke kanaka no 'ekolu o 'ehā lā ma kahi mahana o 38°C. ua lilo loa na mea ai holoholona i mea make. I kekahi manawa, hiki i kēia ka'ina hana ke ho'opau i nā paia o ka 'ōpū a hui pū 'ia me ka nui o ka pus, mucus a me ke koko, e kūle'a lākou i ka ha'alele 'ana i ke kino. I ka lua o ka lā, ho'opī'i ka mea ma'i i kahi ma'i li'ili'i o ka 'ōpū. Paipai na kauka i ka hoohana ana i ka paakai papaina i mea e pale aku ai i ka puka ana mai o ia ano pehu, me he mea la e makemake ana lakou e hoolilo i ka opu kanaka i barela io paakai. Mana'o na'e ka po'e hilina'i 'a'ole hiki i ka 'ōpū ke lilo i mea pō'ino; akā, 'o ka laik i poni 'ia, ka berena ke'oke'o a me ke kō, 'o ia ka mea 'ino loa o nā mea'ai a pau, 'a'ole e ho'oulu koke i ka 'ōpū. Mana'o kekahi po'e he aha ka pilina o ka mea'ai me nā maka, ka 'ili a me nā a'alolo, me he mea lā hiki i kekahi 'āpana o ke kino ke ho'okō i kāna mau hana me ka 'ole o nā mea maka. I kēia manawa, he aha ka mea e loa'a ai i loko

ka berena ke'oke'o, ke kō a i 'ole ka pata i ho'oma'ama'a 'ia e hiki ke ho'omālamalama i nā maka a i 'ole e ho'onohonoho i nā hana kupanaha o nā a'alolo? Ho'omaka ka po'e i nā 'ano kuhi like 'ole e wehewehe i nā kumu o nā ma'i 'eha, akā 'a'ole lākou e nānā iki i ka mea nui loa - nā waiwai o nā mea maka i ho'olako 'ia i nā a'alolo.

Nawaliwali ke ku o ke kanaka i na ma'i lele Mai ka hanauna a i ka hanauna

'O nā 'ōlelo e pili ana ka pilikia o nā ma'i lele ma luna o ka he hewa ka emi ana. Ma muli o ka 'ai 'ana i ka moa, ua nalowale nā pūnaeweke kanaka i ko lākou mana kū'ē i nā microbes, a 'o ka mea 'oi aku ka maika'i, ho'omau lākou i ka nalowale 'ana i kēlā mana mai kēlā hanauna a kēia hanauna.

Ma kēia pili, makemake wau e 'ōlelo i kekahi mau paukū mai ka "Pathological Anatomy and the Pathogenesis of Human Diseases" e ka mea 'epekema Soviet kaulana IV Davydovsky, i pa'i 'ia ma 1956.

Wahi a ia: "He nui nā ma'i e pili ana i ka homo-sapien (anthroponoses) 'a'ole i loa'a i loko o nā holoholona, me nā apes i ho'omohala 'ia. a i ole ia, e loa ia lakou na mea like loa o kekahi poe wale no (typhoid, cholera, malaria, meningococcal meningitis, influenza, measles, jaundice, diphtheria, scarlet fever, pneumonia, rheumatism, sepsis, gonorrhea, furunculosis, appendicitis, a pela aku. ma).

"O nā zoonoses a me nā ornithonoses (nā ma'i holoholona a me nā moa) kēlā i nā kāne, e like me ka hydrophobia, encephalitis, brucellosis (Malta fever), psittacosis, li'ili'i, ma'i ahulau, tularemia, anthrax, trichinosis a me nā mea 'ē a'e, loa'a, ma ke 'ano he kāmāwai, ko lākou mau hō'ailona kūikawā i ke kanaka, akā i nā holoholona i kekahi manawa. hō'ike wale i nā reproductions mamao loa o kēlā mau hō'ailona."

No laila, 'a'ole wale nā holoholona a pau, me nā kūpuna o ke kanaka, nā apes, 'a'ole i loa'a i nā ma'i ma'i kanaka, akā 'a'ole lākou i pane i ka ho'ā'o 'ana o nā 'epekema noi'i e ho'opili iā lākou i kēlā mau ma'i no nā kumu ho'okolohua. He 'oko'a,

Aia nā hua bacteria e pili ana i nā holoholona a me nā manu, akā, 'a'ole pili i nā mea ma'amaui, 'oiai aia lākou i loko o ko lākou mau kino i nā manawa a pau. I ka lawe 'ia 'ana i ke kanaka, akā na'e, ua ho'opili 'ia kēlā mau bacteria iā ia ma ke 'ano weliweli loa a me ka pō'ino. Pono mākou e ho'ohui i kēia i ka palekana o nā holoholona i nā ma'i ma'i āpau.

He aha ke kumu o kēia 'ano like 'ole? He aha ka mea e 'oko'a ai ke kanaka mai ka holoholona ma 'ane'i inā 'a'ole kāna hana hānai iā ia iho e like me nā kāmāwai o "civilization" a laila noho mālie ma kona pākaukau me nā wāwae ke'a? E no'ono'o iā 'oe iho i ke 'ano o kekahi o kēia mau lā maika'i e lawe ai ka bipi i loko o kona po'o e lilo i "civilized" e like me ke kanaka, e 'ai i kāna mea'ai ma hope o ka ho'olapalapa 'ana i loko o ka ipu hao, a i ka wā e ma'i ai, 'a'ole 'ike 'ia nā kumu. A laila, inā mana'o kekahi e ho'ā'o 'o ia e hānai iā ia iho i ka mau'u maka, pono 'o ia e hō'ike i ka hopohopo o ho'ohana 'ia kona kino i ka kuke 'ana i ka mea'ai, e pō'ino paha ka mau'u maka iā ia. E no'ono'o 'oe iā 'oe iho, pehea ke 'ano o ka bipi i kēia lā inā ua 'ai 'o ia i ka mau'u mo'a no nā kaukani makahiki, me ka no'ono'o 'ole 'ana he hana kūlohelohe kāna hana. Eia na'e ke kulanā i kau ai ka po'e haipule 'i'o nui o kēia mau lā.

Ho'omaka ka hakakā 'ana i nā ma'i infectious mai kahi holo'oko'a kuhi hewa. 'A'ole i ho'okō 'ia ka emi 'ana o ka make mai nā ma'i ma'i ma muli o ka ho'oikaika 'ana i ke kū'ē 'ana o ke kino, akā ma ka ho'emi 'ana i nā kulanā o waho e ho'olaha ai i nā ma'i. I ka wā lō'ihi, ua nāwaliwali ka mana o ke kanaka e kū'ē ai inā mākou e wehe i nā pono i hā'awi 'ia e nā hale hou, nā 'ōnaehana wai kikowaena, ka ho'oma'ema'e kūlanakauhale, ka ho'oka'awale 'ana o nā ma'i a pēlā aku, a ho'i i nā kulanā e kū nei i 200 mau makahiki i hala. e ho'opau 'ia e nā ma'i ahulau like 'ole i loko o kekahi mau makahiki.

Eia nō na'e, i kēia lā nā ma'i auto-infections, e like me nā mea e ulu ai 'O nā ma'i catarrhal, e ulu wikiwiki a lilo i pō'ino hiki 'ole no nā kāmaka 'ai a pau. I ka ho'ohana 'ana i ka nāwaliwali o nā pūnaewe e o ke kanaka wahahe'e, lilo nā microorganism 'ole

ino loa. Ua kākau 'o Davydovsky: "Ma muli o ka 'ikepili o kēia manawa e pili ana i ka loli 'ana o ka ma'i bacteria, pono mākou e no'ono'o i ka mana'o e hiki ke hana 'ia nā bacteria pathogenic mai nā mea i kapa 'ia 'o nonpathogenic bacteria e pili kokoke ana i ka 'oia'i'o. mai loko mai o ka 'ōpū, hiki ke ulu mai ka bacilli maoli o ka diphtheria mai ka bacilli wahahe'e, hiki ke hana 'ia ia mau metamorphoses ma nā 'ano like 'ole o ka cocci, i ka anaerobes, i ka bacilli o ke ahulau a me ka ma'i ma'i a me nā microorganism 'ē a'e.

He 'oia'i'o maoli ka auto-infection ma ka lilo o ka po'e noho ma'amaui o ke kino kanaka, ka 'ili a me nā membrane mucous."

I loko o nā ma'i lele he nui 'ole ka hō'ike no ka ma'i. 'O ka 'ōlelo ma'amaui, 'ike mua 'ia kēlā me kēia ma'i lele i loko o ke kino palupalu o kekahi kanaka nāwaliwali a laila ho'oili 'ia i nā po'e 'ē a'e. 'O ka 'oia'i'o, 'o kēlā me kēia mea ola he hale hana weliweli no ka ho'olaha 'ana a me ka ho'olaha 'ana o nā bacteria pathogenic. 'A'ole 'ike 'ia kēlā hale hana ma waena o nā mea 'ai maka. No laila, e ho'oku'u 'ia ka honua o ka po'e 'ai maka i nā ma'i ma'i āpau.

Hiki ke hō'ulu'ulu 'ia nā mana'o o Davydovsky e pili ana i ka auto-infection penei: "O nā āpana nui o ko mākou kino kahi e ulu ai nā ka'ina o ka auto-infection: 'o ka pu'u, nā tonsils, ka vermiform appendix, ka 'ōpū nui, ka conjunctiva, nā paipu bronchial a 'O nā ma'i ma'i auto-infectious 'o ia ka: nasal catarrh, pharyngitis, colitis, dysentery, bronchitis, pneumonia, cystitis, pyelitis, nephritis, conjunctivitis, 'eha 'ili 'ili.

nā furuncles, carbuncles, otitis, cholecystitis, osteomyelitis, post-natal endometritis, a pela aku. Wahi a ka 'ikepili i hā'awi 'ia e FG Barinski (1949), i loko o 50 pakeneka wale nō o nā ma'i 'ula'ula a me 15 pakeneka o ka ma'i diphtheria hiki ke ho'okumu 'ia. 'O ia ho'i, ma ka hapa nui o nā ma'i a pau o ka ma'i diphtheria, 'a'ohe mea hō'ike e hō'ike ai no nā kumu waho ka ma'i. Eia hou, ua hō'ike 'ia nā hō'ike i hā'awi 'ia e TE Boldyrev (1949) he 53 pakeneka o nā ma'i typhoid 'a'ole 'ike 'ia ke kumu. Ke emi mālīe nei ka hana o nā ma'i exogenous, e hā'awi ana i kona wahi i nā ma'i endogenous. Me ka 'ole

kanalua i ka wā e hiki mai ana, e 'ike 'ia 'o ke kuleana nui ke pā'ani
 'ia e nā auto-infections, 'oia i 'a'ole mākou i piha piha i ka 'ike
 kūpono e hiki ai iā mākou ke wehewehe i ke 'ano o nā 'ano
 physiological a me nā kūlana e loli. ka hō'ailona ma'amaui o nā
 pūnaeweale a me ka bacteria i loko o kahi kūlana o ka ma'i.

"E pili ana i ka aetiology o nā ma'i infectious pono mākou e ha'alele
 nā mana'o i hāpai 'ia i ka wā o Koch, Ehrlich a me Pasteur ma ke
 'ano 'pathogenic' o nā microorganism o waho a me loko. Ma ka
 mana'o piha o ka hua'ōlelo, 'a'ole 'o ka bacteria pono i ka pathogenic, akā
 'o kēlā mau physiological correlations e noho nei i loko o ke kino i
 hā'awi 'ia i kekahi manawa a pili 'ia me nā haunaele i loko o kāna
 mau 'ōnaehana ho'oponopono a me nā 'ano hana hopohopo. 'A'ohe
 'ano microbes 'pathogenic' kūikawā ma ke 'ano; 'a'ohe na'e, 'a'ohe hopena
 o nā kumu e ho'oikaika i ka ma'alaha i kahi kumuhana kū'oko'a
 ma'amaui, a 'o ia ho'i."

Hiki iā mākou ke huki i ho'okahi hopena mai kēia mau mea a pau.
 'O ke kumu maoli o nā ma'i infectious 'a'ole ia ka microbe, akā 'o ke
 kūlana impaired o nā ka'ina hana kūlohelohe ma'amaui o ke kino. Ua
 ola mau nā microbes, mau nō lākou a mau loa. 'O ka ho'ouka kua e
 luku a ho'opau iā lākou he pupule loa. Ma muli o ka ho'ohuli 'ana i nā
 maka makapō i nā kumu maoli o nā ma'i, ua ho'emi mālīe 'ia ka
 mana kūlohelohe o ke kanaka a hiki i ke 'ano 'a'ole e kali hou ke
 kanaka no ka puka 'ana mai o ka ma'i mai waho mai, akā ua
 hā'ule i ka ma'i bacteria e 'ā ana i loko o ko lākou kino. . No ka mea, i loko
 o ke kino kanaka, 'o kēlā mau bacteria hiki 'ole ke hana i ka pō'ino i
 nā holoholona 'oi loa ke hele mai he alo a he alo me nā mea nāwaliwali,
 waiwai 'ole, nā mea hana 'ole i hana 'ia mai ka 'i'o, ka berena, ka pata a
 me ke kō. No laila, 'a'ole ia he mea kupanaha ke hā'ule wale lākou
 ma luna o kēlā mau ke'ena a 'ai nui iā lākou. Pono ke kanaka no'ono'o
 e ho'oma'ema'e i kona kino i kēlā me kēia o kēlā mau ke'ena pono 'ole, a
 laila 'a'ohe microbe e 'a'a e ho'okokoke aku i nā pūnaeweale 'ōpio, ikaika
 a ikaika i loa'a mai nā hua maika'i, nā nati a me nā cereals.
 Eia, 'oia'i'o, "'o ke 'ano o nā mīkini physiological a me nā kūlana e ho'ololi i ka ma'a

symbiosis o nā cell a me ka bacteria i loko o kahi kūlana o ka ma'i," 'o ka wehewehe 'ana i hiki 'ole iā Davydovsky ke hā'awi.

'O ke kuleana o nā antibiotic ma ke 'ano he therapeutic agents he manawa pōkole a ho'opunipuni. Ke hele mālie nei nā kānaka iā lākou. Ke neutralizing i nā hopena o ka hana bacteria no ka manawa pōkole, ho'onāwaliwali lākou i nā pūnaeweale a ho'oma'ema'e i ke ala no nā ma'i ikaika ma hope.

Loa'a ia'u ka 'ike pili loa o nā lā'au antibiotic. Ma muli o ka nele i ka mea'ai maoli, ua loa'a mau ka'u mau keiki i ka ma'i kuni mau 'ole i ho'okumu 'ia e ka ma'i ma'i a me ka 'ona 'au'au, e loli mau ana ko lākou wela ma waena o 37.8°C. a me 38 °C. Lawe au i ka'u keiki i Paris a hā'awi aku iā ia i ka mālama 'ana i nā "kauka" kaulana loa ma laila. 'O ka mea pō'ino, ma o ka ho'ā'o 'ole 'ana me nā lā'au antibiotic ua ho'onui lākou i ko lākou mahana i 40-41°C. a me ka ho'oha'aha'a 'ana i kona pu'uwai a me nā pu'upa'a, ua pepehi lākou iā ia me ka hiki 'ole ke 'ike i kona ma'i.

Ua like nō ka hana i ka'u kaikamahine, akā na'e 'oi aku ka ikaika, 'elua makahiki ma hope. Ua ho'onoho au iā ia i loko o ka Halema'i keiki 'o Anscharhohe (Kinderkrankenhaus Anscharhohe) ma Hamburg, kahi i hana ai 'o Kauka Wolfgang Tiling i nā ho'okolohua 'ino loa i ka'u keiki 'ilihune. I kēlā me kēia lā, unuhi 'o ia i ka nui o ke koko, a ua ho'okau 'ia 'o ia i nā ho'okolohua like 'ole a i 'ole i ho'opa'a 'ia i loko o nā kakini o nā 'iole maika'i 'ole a me nā lapeti, me ka ho'ohālikelike 'ana ma ka ho'onui 'ana i ka bacteria āna i makemake ai e 'ike i ke kino maoli ke kumu o ka ma'i, 'a'ole hiki iā ia ke ho'oholo i kāna mau ho'okolohua lapa'au ma'amaui. 'O'i aku ka pī'i 'ana o ka mahana o ka'u keiki, 'oi aku ka nui o nā kumu o nā lā'au antibiotic i lawelawe 'ia a 'oi aku ka 'oko'a o kā lākou mau 'ano. Me ka ho'onui 'ia o nā lā'au antibiotic, pī'i a'e ka mahana a 'oi aku ka ki'eki'e, a hiki i ka loli mau 'ana ma waena o 39°C. a me 41°C. a ua 'ike nui 'ia nā hō'ailona o ka nephritis. 'O kāna "'epekema" 'o ia ka wikiwiki o ka ulu 'ana o ka ma'i, e ho'emi ana i ka lō'ihi "ma'amaui" o 'ehā makahiki i ho'okahi mahina wale nō. Ua mana'o 'o ia i ke keiki me he mea ho'opunipuni a ho'oweliweli iā mākou i ka mana'o wahahe'e

inā 'a'ole i hā'awi 'ia 'o ia i ka cortisone a i 'ole i ka biopsy kūloko, 'a'ole e ola 'o ia ma mua o ho'okahi pule.

I kēlā mau lā au i 'ike ai i ka 'ōlelo Kelemānia a Bircher-Benner ka palapala i kapa 'ia 'o "Nutritional Diseases" ("Ernährungskrankheiten" , Erster Teil, 1933). Ua lawe koke au i ka'u kaikamahine i waho o kēlā haukapila a hā'awi iā ia i ka mālama 'ana i ka mea'ai kūlohelohe. Me ka nalu hikiwawe o ka wand kupua, ua emi iho ka mahana o ka'u keiki i kahi o 37°-37.5°C. a ua ho'onui 'ia ka nui o kāna mimi mai 200m1 a i 'elua lita i ka lā. I loko o ho'okahi pule, kū a'ela 'o ia i kona mau wāwae a hele a'ela ma kēlā 'ao'ao o ka lumi e wehe i ka puka no kēlā kauka pu'uwai pu'uwai 'ole, ka mea i hahau 'ia me ka ha'alulu a maka'u loa i ka hilahila a ma lalo o kekahi kumu kumu 'ole a hō'ole 'o ia e hā'awi mai ia'u i nā kope o ka haukapila. nā mo'olelo a me nā ho'okolohua lapa'au.

Inā ua ho'omau wau i ka hānai 'ana i ke keiki me ka 'ai maka, inā ua ola 'o ia i kēia lā. Akā i kēlā manawa ua mana'o wau i ka mea'ai maka ma ke 'ano he lā'au lapa'au a mau ko'u mana'o'i'o i nā huaora artificial. I mea e ike pono ai au i ke ano o ka mea ai o ke Kauka Bircher Benner's Private Clinic, ua lawe au i ke keiki mai Hamburg a hiki i Zurich a malama au iaia iloko o ia hale hoomaha no 23 la. E ha'i paha au ma 'ane'i, ma ke ala, 'o ka mea pō'ino ma hope o ka make 'ana o Kauka Bircher Benner, ua ho'ololi nui 'ia kāna 'ōnaehana o ka mea'ai e ka ho'okomo 'ana i nā mea'ai i kuke 'ia, nā huahana waiu, nā huaora a me nā lā'au lapa'au 'ē a'e. Eia nō na'e, i paipai 'ia e ka ho'omaika'i wikiwiki 'ana i kona kūlana, mana'o wau he hiki ke ho'iho'i hou i kona olakino ma o nā mea'ai maka a 'o kekahi hapa e nā mea'ai mo'a a me nā huaora artificial. Eia na'e, hiki iā mākou ke ho'olō'ihi i kona ola i 'ehā makahiki wale nō.

'O wau iho he la'ana ko'iko'i o ke kanaka, lanakila ma luna o nā ma'i auto-infections. No nā makahiki he 20 i loa'a ia'u i ka ma'i bronchitis ma'i a hiki i nā manawa he nui i ka makahiki, ua ho'ohana mau wau i ka lawe 'ana i ko'u wahi moe me nā hō'eha ko'iko'i o ke anu. 'O ka 'ai maka, ua ho'ololi i kēia mau mea a 'oiai no nā makahiki he 'umi i hala aku nei ua moe au ma lalo o ka lani ākea a puni ka makahiki, i kekahi manawa i ka hau anuanu o 15 a i 'ole 16 degere, me nā microbes i ko lākou mau wahi.

'A'ole i ho'okahi manawa a'u i 'ū a 'ike iki paha i ke anu. Makemake au e ho'ohui i ke 'ano o ka hiamoe 'ana ma ka lewa ākea i ka ho'oilo 'a'ole pono ke koa. 'O ka uhi maika'i 'ana i ke kino a mālama ka maka i ka ea hou. Eia kekahi, he mea nui e ha'alele i ka mea'ai i kuke 'ia i mea e ho'opau ai i nā kumu o ka ho'olilo 'ana i nā pō hiamoe 'ole a me ka ka'a mau 'ana i kahi moe.

'O ka ma'i ma'i ka hopena o ka ho'oha'aha'a loa 'ana o nā pūnaewe

E like me nā ma'i 'ē a'e a pau, 'o nā kumu o ka ma'i kanesa, 'o ia ho'i wehewehe ma'alahi ma ka mālamalama o nā kānāwai o ke 'ano.

Ua hana 'o Cytologists i ka nui o ka noi'i e 'ike i nā 'oko'a ma waena o nā hale o nā cell ma'amau a me nā mea o nā ma'i kanesa. Ma ka 'ōlelo ma'amau, ua 'ike lākou 'o nā cell cancer he mau 'ano ma'amau i nele i ke 'ano kūpono a me ka hiki ke hana i kekahi hana pono. 'O kā lākou kumu wale nō ka 'ai 'ana i nā protein (mea kūkulu hale) a ho'onui.

E like me kā mākou e 'ike ai, loa'a i nā cell o ke kanaka wahahe'e ka mea like 'ano maika'i. Ho'okahi wale nō degere o ka 'oko'a ma waena o ka degeneration i loa'a i nā cell o ke kanaka wahahe'e a me nā cell o ka ma'i kanesa. E pili ana i ka wahi i kekahi mau kūlana, kūle'a ke kanaka maoli i ka mālama 'ana i nā ke'ena o ke kanaka wahahe'e ma lalo o kāna mana. Ho'olaha 'o ia iā lākou i loko o nā ākea manuahi o kona kino, ho'opiha 'o ia i nā lua ka'awale me lākou, ho'olei 'o ia ma lalo o kona 'ili, hui pū 'o ia me kāna mau cell ma'amau a no laila, no ka manawa li'iili'i, mālama 'o ia i nā 'ōpū a me nā 'ōnaehana. kaawale kona kino mai ka pilikia o ko lakou hooikaika ana. Hiki i nā mea a pau ke 'ike me ka maka 'ōlohelohe i ka nui o ke kanaka ho'opunipuni, i kekahi manawa hiki ke kaumaha i 60-70 kilokani. Inā ho'okomo 'ia kekahi mau kilokalo o ia nuipa'a i loko o kekahi 'ele'ele a i 'ole 'ōkana, 'oia'i'o e pau ka hana o ka 'ene a i 'ole ka 'ōkana i hā'awi 'ia ma lalo o ka hopena. Ma kēia 'ano e ho'opau ai ka ma'i kanesa i ke ola o ke kanaka.

Ua kapa 'ia nā ke'ena o ke kanaka wahahe'e, e like me ka ma'i kanesa e ola ana ma o ka ai i hoomakaukauia ma ka lumi kuke no ka

'O ke kumu nui o ka hana 'ana ma ke 'ano he mea kū'ai nui i ia mea'ai. Ma ka hooikaika pale ana a ke kanaka maoli, aole hiki i na keena o ke kanaka wahahee ke hoopili loa i na mea ano maoli i hookomoia iloko o ke kino ma ke ala o ka addiction, a no laila ua nalowale loa ka hapa nui o ia mau mea. i ke ahi a lilo i wela keu. I mea e hoopau wale ai i ka nui o na mea ai, ua hooikaika na keena o ke kanaka wahahee e loa ke kuokoa, e noho ma na wahi a lakou i makemake ai, a e hoonanea loa ia lakou iho. Ke lanakila kekahi a i 'ole kekahi o lākou i kā lākou ho'oikaika 'ana, ho'omaka lākou e 'ai me ka wikiwiki hiki 'ole i nā mea'ai i hā'awi 'ia iā lākou e ko lākou haku kuko. No laila, e ho'omaka ana me ho'okahi a 'elua paha mau mea li'ilii' li'ilii, hiki mai ka monster nāna e ho'opa'a i nā kānaka a pau i loko o ka pa'a o kona weliweli weliweli.

'A'ohe o nā ka'ina pathological he nui e hālāwai ai mākou i kahi hihia like ma waena o ka milliard o nā cell ho'okahi a 'elua wale nō mau cell i hā'ule i ka ma'i.

'O ke kanaka 'ike maopopo i loa'a ka 'ike e ho'opa'a i kona mana'o me nā pilikia ko'iko'i 'a'ole hiki ke kōkua i ka no'ono'o 'ana i nā nīnau lapuwale kahi e ho'opau ai nā 'epekema noi'i i ko lākou manawa, kālā a me ka ikaika. No ka wehewehe 'ana i ka hiki 'ana mai o ka ma'i kanesa, ua helu lākou i kahi 400 mau mea carcinogenic like 'ole, me ka 'ole o nā kumu mea'ai, 'a'ole i pili iki i nā kumu kumu o ka carcinogenesis. Pono kēlā me kēia kanaka e nīnau iā ia iho i kēia nīnau: "'O nā mea make a pau, nā kukuna, nā 'eha mau, nā 'eha, nā kuni, nā ma'i ma'i, nicotine, tar a me nā 'ano mea 'ē a'e e hiki ai ke ho'onele i nā cell o ko lākou pa'akikī. hale a me ko lakou hiki ke hana, a i ole ia e poino ai, e wiwi, e wawahi a e pepehi ia lakou, aka, ma ke ano o ka mea hiki ia lakou ke hookomo iloko o hookahi a elua paha mau keena i ka mana nui o ka hoonui ana e hiki ai ia lakou, iloko o ka manawa pokole loa. ka manawa, e hoohiolo i lalo a laila e luku loa i ka hale nani a pau o ke kino kanaka?"

Ho'omo'a 'ia kēlā mana weliweli, kālua 'ia, ho'omākaukau 'ia a hō'ike 'ia i ka monster e ka mea nona ka mea ola pono no kāna.

ka luku hope loa. 'O ka ma'i ma'i ka hō'ike ola o ka degeneration nui o nā cell a me ka hopena hiki 'ole o ka mea'ai kūlohelohe.

I loko o kā lākou noi'i 'ana, 'ike pinepine nā 'epekema i nā kumu maoli o ka ma'i kanesa. Pa'a lākou i nā hō'ailona hiki 'ole ke ho'opa'apa'a 'ia ma ko lākou mau lima, nānā lākou iā lākou no kekahi manawa a hō'oi'a'io iā lākou, akā i ka wā e hiki mai ai ka nīnau no ka ho'ololi 'ana i nā 'ōnaehana mea'ai e kū nei no ka no'ono'o 'ana, pani lākou i ko lākou mau maka me ka hopohopo, me he mea lā e pa'i 'ia e ka hekili, a me ka hookaulua ole no kekahi manawa, ua hele lakou i ko lakou mau ku'eku'e wāwae, no ka mea, 'a'ole lākou i MAKEMAKE e 'ike i kekahi mea 'ole i loko o kā lākou mau mea'ai. 'O ka mea nui, 'a'ole makemake ka po'e e ho'ohewa i ka berena a lākou e 'ai ai a no nā makahiki i hala a lākou i mana'o ai he la'a, me ka no'ono'o 'ole 'ana i ka manawa i hiki i ka papa'aina ua ho'ohaumia pinepine 'ia e ka wili 'ana. , kānana, kawili 'ana a me ka kālua 'ana.

'Ike maopopo ka po'e Cytologists i ke ola 'ana o ka ma'i ma'i ma o nā cell i nele i nā hale kūikawā a me nā mana hana, akā i ko lākou mana'o 'o nā cell āpau o ka mea i kapa 'ia he kanaka olakino ('oiāi 'o lākou ka huahana o ka mea'ai kūlohelohe) nā pūnaewele i ho'omohala piha 'ia a maika'i ho'i i ho'onele 'ia i ko lākou mau 'ano ma'amau ma o ka mana o kekahi mau mea carcinogenic. I nā hua'ōlelo 'ē a'e, 'o ka nele o nā mīkini kūpono o ka hale hana o nā hemahema i kāna hana 'ana e pili pū me kēlā me kēia kumu ma'amau, akā 'a'ohe o lākou pili me nā mea hale i hā'awi 'ia i kēlā hale hana, a i 'ole ke 'ano a me ka maika'i o ka maka. mea pono no ka hana ana. 'A'ole lākou i makemake e 'ike ua ho'opiha mau 'ia nā āpana o nā mea 'ai a pau me nā milimili o nā cell i nalowale i ko lākou mau hale a me nā hana kūpono. I kēia manawa, e ha'i wau i kekahi mau paukū mai kā Cowdry's "CANCER CELLS" kahi e 'ike maopopo ai ka mea heluhelu i ka maopopo a me ka maopopo o nā kumu maoli.

'o ka ma'i kanesa.

Ua kākau 'o Cowdry (p.11): "Me ka nalowale holo'oko'a a i 'ole kekahi hapa o ka hana lawelawe kūikawā o kā lākou mau mea mua, nalowale nā pūnaewele ma'i ma'i e like me ke ana 'ana i nā hi'ohi'ona i hana i kēlā hana.

hiki. 'A'ole hiki ke mālama 'ia ke kūkulu 'ana me ka loa'a 'ole o ka hana ma mua o ka hiki ke mālama 'ia ke 'ano o ka hana 'ana me ka loa'a 'ole o ka ho'olālā kūpono." Ua pōina 'o Cowdry i ka ho'ohui 'ana i ka 'oia'i'o maopopo loa e ho'opau 'ia ai ka mea huna o ka ma'i kanesa i ho'okahi manawa no nā mea a pau. 'O ia ho'i, no ka mālama 'ana i ke 'ano a me ka hana 'ana o nā mea maka he mau mea ko'iko'i ia, a i ka wā e ho'ololi 'ia ai kēlā mau RAW MATERIALS i LĀMI KUA, 'a'ole e mālama 'ia ka hale, 'a'ole hana.

No ka ulu ma'amau o nā pūnaewe, ua 'ōlelo 'o Cowdry iā Rusch penei: "He nui nā 'ano hana ma'amau e ho'oholo ai i ka 'oko'a. I ka wā o ka ho'ololi 'ana i ka ma'i 'a'ai "Carcinogens induce a change in one or more of the special function of the cell. The result change is heritable." Akā, "O nā pūnaewe i loa'a i kēlā 'ano ho'ololi ho'oilina ke koi aku i ka nalowale hou o nā mea kōkua ma mua o ka lilo 'ana i mau neoplasms autonomous" (p. 17).

'A'ole hana 'ia ka ma'i ma'i mai nā cell i kūkulu 'ia a kūikawā. "O ka hua manu a me ka sperm he mau 'oko'a 'oko'a loa ia 'a'ole e lilo i mea 'ino a ulu a'e i nā ma'i ma'i i loa'a i ka sperm a i 'ole nā pūnaewe hua manu e ho'onui ana me ka 'ole o ke kaohi ma'amau a ho'ouka i nā 'āina no nā sela ma'amau a maika'i" (p. 333).

'O nā hana nui o ka ma'i kanesa ka 'imi 'ana i nā mea nitrogenous, e 'ai i nā protein holoholona, e kā'ili i nā waikawa amino, e synthesize i nā protein abnormal a me ka hana 'ana i nā 'ano hana like 'ole. Ua nānā 'ia ka ma'i 'a'ai "e like me ka 'nitrogen trap' e wehe ana i nā 'akika amino mai loko mai o ka loko o ke kino me ka 'ole e 'ae i ka ho'iho'i 'ana i ia mea" (p. 39). Ma lalo a'e ua 'ōlelo 'ia (ibid.): "Me he mea lā e lawe 'ia ana ka nitrogen metabolism o nā cell malignant ma o ka lawe 'ana mai nā pūnaewe maika'i, lawelawe pono i ke kino, nā mea i makemake nui 'ia e lākou." E ho'oponopono koke 'ia ka enigma inā ua ho'ololi 'ia nā hua'ōlelo "sorely needed" e nā hua'ōlelo "EXTREMELY USELESS AND HARMFUL". Ua no'ono'o 'o Christensen lāua 'o Henderson (1952) i ke ki'eki'e o ka waikawa amino

'O ka hō'ili'ili 'ana e ka ma'i carcinoma "he kumu nui i ka ulu 'ana a me ka ho'onui 'ana o ka cell neoplastic i loko o kahi holoholona 'ōpala" (ibid.). I ko lākou mana'o, ua ho'opau 'ia ka holoholona mai ka loa'a 'ole o nā mea'ai maoli, akā mai ka hemahema o ka nui o nā waikawa amino.

Ho'ohui mau nā pūnaeweale ma'i i nā protein. Ua kākau 'o Cowdry (p. 152): "Ua mana'o pinepine 'ia ka ma'i 'ino e pili ana i kahi abnormality o ka synthesis protein a me ka hiki ke ho'okumu 'ia o nā protein abnormal. 'O nā mea i loko o nā 'i'o ma'amau nongrowing ua kaulike 'ia e kahi haki like." Ma kekahi wahi 'ē a'e, ua 'ōlelo 'o ia iā Caspersson (1950): "Ma waena o ka ma'i ma'i tumor cell a me ka ma'amau e ulu nei me he mea lā aia kahi 'oko'a nui e pili ana i ka ho'omohala 'ana o ka 'ōnaehana no ka ho'okumu 'ana i ka protein. ka mea ma'amau e kaupalena i ka hana o ka 'ōnaehana hana protein, ua pau a emi mai paha ka hana, e alaka'i ana i nā ho'ololi kiko'i i ke ki'i cytochemical" (pp. 10-102). He mea pono anei e ho'okūpa'a i nā protein i nīnau 'ia 'a'ole nā protein i loa'a mai nā hua waina a i 'ole nā 'ōpala, akā 'o nā mea i kuke 'ia a i kālua 'ia paha i loko o ka lumi kuke a hō'ole 'ia e nā cell ma'amau?

Ua hō'ike hou 'ia nā noi'i 'epekema 'o ka nui o

'O nā momona i loko o nā pūnaeweale ma'i ma'i ma mua o ka mea ma'amau, 'oi ai 'o nā huaora a me nā minela, ma kekahi 'ao'ao, 'oi aku ka ma'amau.

Ua 'ae 'o Cowdry "'O nā pūnaeweale, malignant a me nā mea 'ē a'e, he mau mea li'i li'i hiki 'ole ke no'ono'o 'ia. Loa'a paha i kēlā me kēia mea he 10,000 mau mea biochemical like 'ole, mai nā ion inorganic a hiki i nā protein pa'akikī a me nā nucleoproteins, e pili pololei ana a i 'ole kekahi i kekahi. ..'o ke koena o nā hana i loko o ke keena ola, 'o ia ka hō'ike ākea o ke ola o ke kelepona, pono e hana i kēlā me kēia manawa o nā pilina kinetic pa'akikī loa ma waena o kēia mau mea. pono e wehewehe ma na huaolelo kinetic i na pilina lehulehu.

i kekahi mau mea ho'ololi i ka manawa, hiki iā mākou ke loa'a akā i kahi 'ike li'i'ili'i loa o ke kūlana pa'akikī holo'oko'a. He mau pilikia nui ka hana makemakika e pili ana i 4 a i ole 5, e waiho wale aku i na mea e pili ana i na tausani o na hoololi" (pp. 151-152). 'Oiai, me ka li'i'ili'i o ko lākou 'ike, 'a'ole lākou e nānā i ke 'ano i kūkulu 'ia i kēlā mau cell pa'akikī a ho'ohuli lākou i ka po'e e mana'o'i'o ma o kē lākou helu pono'i hiki iā lākou ke ho'oholo i nā koi qualitative a me quantitative pololei o kēlā nā pūnaewe e pili ana i nā proteins, nā momona, nā carbohydrates, nā huaora, nā minerala, a pēlā aku.

Ua hele mua lakou e hoowahawaha i ka naauao o ka enekinia nui ma ka apono ole ana i ka mea ana i hoolala ai, a laila e hana i na mea like ole iloko o ko lakou mau hale hana a haawi mai ia kakou. Na ka mea heluhelu e ho'oholo nona iho inā he 'aka'aka a he poino paha kē lākou mau hana.

Ua hō'i'ili'i 'ia nā hō'ike nui e nā 'epekema noi'i e hō'ike i ka mālama 'ana a i 'ole nā palena mea'ai e pale, a i 'ole ka palena iki, i ka ulu 'ana o ka ma'i kanesa. I ka wā o ke Kaua Honua Mua ma lalo o ka ho'oka'awale 'ana i nā mea'ai ko'iko'i ma Denemaka, Lūkia, Kelemānia a me 'Asuria, 'oi aku ka li'i'ili'i o ka make ma'i kanesa ma mua o ka ho'opau 'ia 'ana o ka 'ai 'ana ma ka hopena o ke kaua. I ka mana'o o Hindhede (1925) 'o ka hānai nui 'ana i kōkua i kēia pī'i a'e o ka nui o ka make.

Ua ha'i 'o Cowdry i nā hi'ohi'ona mai nā ho'okolohua i hana 'ia ma luna o nā holoholona: "Ua hā'awi 'ia ka hō'ai'ē iā Moreschi (1909) na McCay (1947) no ka ho'onui 'ana i ka hana a nā mea noi'i Pelekane ma mua e 'imi nei e hō'ike i ka pale 'ana i ka mea'ai, a ho'olohi paha i ka ulu 'ana o nā ma'i koko i loko o nā holoholona. 'O Sarcomas i ho'ololi 'ia e Moreschi i loko o nā 'iole, ua like ia me ka nui o ka mea'ai i ho'olako 'ia. 'O'i aku ka pa'akikī o ka ho'ololi 'ana i nā 'iole ma mua o nā 'iole hānai piha.

"Ua hana 'o McCay a me kāna mau hoa hana i nā ha'awina kupaianaha ua ho'opane'e 'ia nā 'iole ma o ka ho'emi 'ana i ka ikehu o ka mea'ai i kēlā kūpono no ka mālama 'ana, akā 'a'ole lawa no ka ulu 'ana. Ua mālama 'ia kekahi hui

‘ōpio no nā lā ‘oi aku ma mua o 700 a ‘oi aku kekahi ma mua o 900 mau lā me ka ‘ae ‘ole ‘ia e ulu a hiki i ke o‘o, ‘oi ai ‘o ka lō‘ihi o ke ola o kēia ‘ano ‘iole ma lalo o nā kūlana ma‘amau ma kahi o 600 lā. Ke hā‘awi ‘ia i nā calorie lawa ka nui o nā ‘iole lohi a hiki ke ola i ka huina o 1,400 a ‘oi aku paha nā lā - ‘oi aku i ‘elua mau lā o ko lākou ola ma‘amau "(pp. 394-395). Eia hou, e like me McCay, Sperling and Barnes (1943) "development of tumors ‘a‘ole hiki ke loa‘a i nā ‘iole i ho‘opane‘e ‘ia i ka ulu ‘ana a hiki i ka wā i ‘ae ‘ia ai lākou e hiki ke o‘o."

Ua hō‘ike ‘ia nā ho‘okolohua ‘ē a‘e he 150 mau ma‘i ‘a‘ai ma‘amau i ulu ma waena o 198 mau ‘iole i hānai ‘ia i ka ‘ai "ma‘amau", ‘oi ai he 38 wale nō ma‘i ma‘i ma waena o 200 mau ‘iole lohi - ‘a‘ohe hapa o nā holoholona i ka mea i kapa ‘ia he mea‘ai ma‘amau. ‘O ka mea‘ai e ho‘olaha ana i ka luku ‘ino a ho‘opōkole i ka lō‘ihi o ke ola i nā manawa he nui?

Ua hana ‘ia nā ho‘oikaika ‘ana i nā manawa like ‘ole e wehewehe i ka pilina ma waena o ke kaumaha o ke kino a me ka make ma‘i ma‘i ma o ka ‘ike ‘ana i nā helu ‘inikua ola. I ka makahiki 1913, ua hana kekahi komite hui o ka Association of Life Insurance Medical Directors a me Actuarial Society of America i nā kulekele 774,672 i kū‘ai ‘ia e nā kāne 20-62 makahiki. A laila ua ‘ike ‘ia no nā kāne e lawe nei i ka ‘inikua ma 30-44 mau makahiki, ‘o ka nui o ka make ‘ana mai ka ma‘i ma‘i ma‘i ma‘i no ke kaumaha o 37, no ka po‘e o ke kaumaha ma‘amau 32 a no ka underweights 24, helu ‘ia ma ka 100,000. No ka hui kahiko o 45 makahiki a oi, ka

he 156, 144, a me 120.

Wahi a nā mo‘olelo o ka Union Central Life Insurance Company, i ho‘opa‘a ‘ia i ka makahiki 1932, ‘o ia ka helu o ka make ma‘i kanesa, e ho‘omaka ana mai ka 25 pakeneka a ‘oi aku paha ke kaumaha, a hiki i ka 50 pakeneka underweight: 143, 138, 121, 111, 114 a me 95, ka kī‘i o 111 e pili ana i ke kaumaha "ma‘amau". ‘O nā mea hou aku nei, e like me ka Statistical Bulletin of the Metropolitan Life Insurance Company (1951), ka make ‘ana o nā kāne momona mai ka ma‘i cardiovascular-renal

‘O ka hapalua ka nui o ka ma’amau a ‘o ka ma’i ma’i ma kahi o ‘ehā mau manawa ma’amau. ‘O kēia nā makana a ke kanaka wahahe’e e hā’awi ai i ke kanaka.

Ma waena o 1900 a me 1950 ka pī’i ‘ana o ka nui o ka make no nā ma’i cardiovascular a me ka ma’i kanesa ma ‘Amelika Hui Pū ‘Īa penei. I loko o 50 mau makahiki, ua ho’onui ‘ia ka nui o ka make no ka ma’i kanesa mai 64 a i 139.6 i kēlā me kēia 100,000 heluna, ‘oiai ua pī’i ka nui o nā ma’i cardiovascular mai 244 a 478.1. Ma ka holo’oko’a, ma 1950 mai 803.9 mau make no 100,000 heluna kanaka mai ‘umi kumu nui, nā ma’i cardiovascular a me ka ma’i ma’i ma’i i helu ‘ia no 617.7. ‘O i aku ka nui o nā helu hou loa i loa’a, e pili ana i ka makahiki 1964. Ua pī’i ka nui o ka make no ka ma’i kanesa i kēia manawa i 151.3, ‘oiai no nā ma’i cardiovascular ua pī’i a’e i 508.6, e hā’awi ana i kahi helu hui ‘ia he 659.9 mai ka huina o 939.7 mai nā mea āpau. kumu. ‘O kēia nā hopena kupaianaha o ka "holomua" o ka lā’au lapa’au; ka hopena ha’alulu o ka lehulehu o nā kauka, nā halemai a me nā lā’au lapa’au; nā huahana hiki ‘ole o ka "ho’oma’ema’e a me ka ho’oma’ema’e" o nā mea’ai. E no’ono’o paha kekahi i ke ‘ano o ka hana inā ho’omau ka "holomua" i kēia manawa no 50 mau makahiki.

Wahi a nā helu helu kūhelu o ‘Amelika Hui Pū ‘Īa no 1964, ‘o 1.4 pakeneka wale nō o ka nui o nā make i hiki ke ho’ohālikelike ‘ia i "Symptoms, senility and ill-defined conditions". Ma kēia māhele, he mana’o wale nō ka seniority, ‘oia’i’o, no ka mea, i waena o ka po’e e ‘ai i ka mea’ai kuke ‘a’ole hiki i kekahi ke ‘elemakule. ‘Oiai ma lalo o nā kūlana civili maoli! ke pale ‘ole i nā pō’ino a me nā pō’ino, e make nā kākana a pau i ka wā ‘elemakule.

‘A’ole ‘ike ‘ia ka hiki ‘ana mai o ka ma’i kanesa ma waena o nā holoholona hihiu. Ma hope o ka hā’awi ‘ana i nā monkey pio i ka mea’ai degenerated no ka manawa lō’ihi, akā na’e, ua hiki ke ‘ike ‘ia ho’okahi a ‘elua paha ma’i koko e like me ke kanesa. "'O ka pū’ulu nui wale nō o nā mea ola i loa’a ‘ole nā hō’ike o ka loa’a ‘ana o ka ma’i kanesa i kekahi manawa e noho ana i ka hohonu o ka moana," wahi a Cowdry (p. 196). No ka mea, ‘a’ole i loa’a i nā lima luku o ke kanaka

hiki aku iā lākou. 'O'i aku ka maika'i o ko lākou pale 'ana i ka 'ike 'ana i ka 'oi aku o ko lākou honua ma mua o ko mākou, ma ka 'āpana a me ka heluna kanaka.

E like me kā mākou i 'ōlelo ai, i ka wā o kā lākou noi'i 'ana, 'ike 'ia nā 'epekema i nā kumu kumu o ka ma'i kanesa, nānā lākou iā lākou a hō'ōia'i'o iā lākou, akā na'e ke hele nei lākou me ka mana'o 'ole, me he mea lā he mea 'ē a'e kā lākou 'imi. "'O ka mana'o o kekahi mau mea'ai i 'ai 'ia i ka nui o ka nui, a i 'ole ma muli o ko lākou hele 'ole 'ana e hiki ke kumu i ka ma'i kanesa i loko o ke kanaka, ke loa'a nei ka 'āina mai kahi kumu 'ē a'e.

Hiki i nā ho'ololi ho'okolohua i nā mea'ai holoholona ke hana i nā mea āpau 'oko'a i ka hiki 'ana mai a i 'ole ka loa'a 'ole o ka ma'i kanesa" (p. 220).

'Ike pololei lākou i ka hopena o nā mea'ai maoli. He mea akaka loa 'o Cowdry ma kēia wahi: "'O ka hope ke ho'omaka nei ka 'ike 'ana he emi ka predisposition i ka ulu 'ana o ka ma'i ma'i i kekahi mau holoholona ke hānai 'ia lākou i nā mea'ai maoli ma mua o ka wā e hānai 'ia ai lākou i nā mea'ai ho'oma'ema'e loa. Silverstone, Solomon and Tannenbaum (1952) Ua 'ike 'ia ka li'ilii'i o nā ma'i hepatoma maika'i i ho'omohala 'ia i nā 'iole kāne DBA ma ka 'ai 'ana o Purina Laboratory Chow i hana nui 'ia i ka mea'ai maoli ma mua o nā mea 'ē a'e ma kahi mea'ai me nā mea ho'oma'ema'e semi ho'oma'ema'e, 'o ka nui, casein, cornstarch, hapa hydrogenated cottonseed oil, synthetic vitamins a me kahi. 'O ka hui pū 'ana o ka pa'akai, 'o nā mea'ai semi ho'oma'ema'e i hā'awi 'ia i nā 'iole kāne C3H ua ho'onui i ka ulu 'ana o nā hepatomas maika'i. nā mineral i loko o ka mea'ai. Ua akahēle nā mea kākau e kuhikuhi 'a'ole pono kekahi e mana'o he 'oko'a ka pane 'ana o nā 'ano ma'i ma'i 'ē a'e" (pp. 403-404).

"Ua'ike'o Engel a me Copeland (1952) i ka hānai'ana i nā'iole AES a me Sprague Dawley i nā mea'ai maoli (nā mea'ai mea'ai) i ho'omohala i nā ma'i ma'i mammary i ho'oulu'ia e ka carcinogen, 2-acetylaminofluorene, ma mua o nā mea'ai semipurified i hānai'ia. Ua nui ka'oko'a "(p. 404).

Ua nānā pono ka mea heluhelu i ke 'ano o ka mea'ai a lākou e hā'awi ai i nā 'iole ho'okolohua: nā mea i ho'oma'ema'e 'ia e like me ka casein, starch, cottonseed oil, synthetic vitamins a me nā pa'akai. Ua kapa 'ia ka hui 'ana o kēia mau mea "mea'ai ma'amau" e nā 'epekema noi'i. 'Ohi lākou i ka 100 ka nui o nā 'iole ma'i ma'i 'ole mai nā kula a ho'opa'a 'ia i loko o nā hale pa'ahao, mālama i nā mea 'ilihune e like me nā keiki "'olu'olu", ho'ohui pū kekahi me kekahi, hānai iā lākou me ka "'ai ma'amau" a ma hope o kekahi mau hanauna e ho'ohuli iā lākou i mea. Ua kapa 'ia lākou "nā 'iole ma'ema'e inbred Wahi a lākou, aia kēlā "inbred strain of mice" i kahi kūlana pathologic kūikawā, kahi a hiki i ka 80 pakeneka o kekahi mau ma'i i hiki ke loa'a i nā ma'i "spontaneous" o nā "kumu 'ike 'ole". 'O nā mea 'ai a pau i kuke 'ia i loko o kahi 'ano 'ano pathologic.

E 'ike kākou i kēia manawa inā hiki i nā 'epekema ke huki i kekahi mea pono nā hopena mai nā hō'ike ko'iko'i ma luna. He mea pō'ino ka pane. 'Oia'i'o, 'o Cowdry i ka 'eha nui e hō'ole i ka 'ikepili waiwai loa, o lilo paha kekahi o kāna po'e heluhelu i ka na'aupō e no'ono'o e ha'alele i kekahi a i 'ole kekahi o nā 'ano mea'ai a me nā mea inu 'ole i helu 'ia, i mana'o mau 'ia he mau mea kūpono o ka lāhui. 'O kēia kāna i 'ōlelo ai: "Pono ka maka'ala i ka heluhelu 'ana i ka hana 'ana i ka 'ikepili ma'i ma'i kanaka e pili ana i nā holoholona e pili ana i ka mea'ai. 'ohi 'ia mai nā wahi he nui o ka honua; 'oia i ua ho'oponopono 'ia nā holoholona i nā mea'ai 'a'ahu a ma'alahi o ke kumu kūloko" (p. 220). Na ka mea heluhelu e ho'oholo no lākou iho i ka mana'o kuhihewa nui o ka mea kākau.

"Ua hā'awi 'ia i nā ma'i ma'i ma'i ma'i i ka ma'i kanesa i loko o kēia mau 'iole i ho'oka'awale 'ia, ho'oma'ama'a 'ia a mālama 'ia, pehea lā e hana maoli 'ia ai nā ma'i kanesa i loko o lākou?" i nīnau ai iā Cowdry (p. 350), me ka hiki 'ole ke loa'a ka pane i ka nīnau.

"O ka 'ike 'ana i ka ho'oilina ho'oilina ho'oilina ikaika i kekahi mau 'iole e hō'ike ana i ko mākou na'aupō i ke 'ano o nā carcinogens i hiki ai i nā cell ke ma'a.

nā lumi a me kā lākou mea'ai he mea mau loa. 'A'ole lākou i 'ike 'ia i nā kino kino a i 'ole kemika a i 'ole ke kino kino kino" (pp. 349-350). Ua pani 'o Cowdry i kona mau maka i ka 'oia'i'o 'o ke kino maoli, kemika a me nā mea ola kino, 'o ia nā kūlana pono'i āna i hana ai no kēlā mau 'iole 'ilihune. 'O kēia ka ho'onele 'ana iā lākou i ko lākou wahi kūlohelohe a me ka hānai 'ana, ka ho'oka'awale 'ana a pani 'ana iā lākou i loko o nā hīna'i huna, ka malu, ka ho'oma'ama'a 'ana a me ka pale 'ana iā lākou, ka ho'oulu 'ana iā lākou me ka hana 'ole, ka mālama 'ana iā lākou me ka pilikia 'ole i loko o nā lumi hau a me ka hānai 'ana iā lākou me ka casein, cornstarch, cottonseed oil, nā huaora synthetic a me nā pa'akai.

Ma nā wahi 'ē a'e, lawe mai 'o Cowdry i 'elua papa o ka 'ikepili ho'okolohua e hō'ike i nā ho'ololi 'ana i ka ulu 'ana o ka ma'i ma'i ma o ka ho'ololi 'ana i (a) protein mea'ai a me nā waikawa amino pono a me (b) nā huaora B mea'ai. A laila, hana 'o ia i kēia mau 'ōlelo: "Hiki i nā huaora a me nā amino acids pono ke ho'ololi i ka hana 'ana i ka ma'i kanesa... He pa'akikī ka wehewehe 'ana i kēia mau mea a me nā 'ike 'ē a'e. hiki mai ka ho'ololi neoplastic" (p. 401). He hō'ole kēia i ka 'ikepili i loa'a. He mea like ia me ka 'ōlelo 'ana 'a'ole pono e mana'o 'ia ka hana 'olu'olu a maika'i 'ole paha o kahi hale hana me ka lokahi a i 'ole ka disharmony o nā mea maka i hā'awi 'ia iā ia.

"He mea mua loa ka hana 'ana i kahi mea'ai pale no ke kanaka ma kēia mau 'ike, e like me kā Greenstein (1947) i 'ōlelo pololei ai," i kākau ai 'o Cowdry a laila ho'ohui: "No ka mea ho'okahi, 'oi aku ka lō'ihi o ke ola kanaka ma mua o kēia mau mea. 'A'ole hiki ke ho'okō 'ia nā holoholona ho'okolohua e pili ana i kēlā 'ano mea'ai hypothetical i loko o nā makahiki he nui, 'o ia ho'i ma kekahi mau hihia a kokoke i ka hapahā o ke kenekulia, o nā manawa o ka latency i ka carcinogenesis" (p. 401). Eia nō na'e, "'O ka ho'omau 'ana i ka hānai 'ole 'ana i nā holoholona e hō'emi maoli i ka ulu 'ana o nā 'ano ma'i ma'i ma'amau" (p. 429).

"E pili ana ka 'ikepili i loa'a i ka ulu 'ana o nā ma'i ma'i a 'a'ole ka nui o ka ulu 'ana ma hope o ka ho'omaka 'ana. 'O nā mea li'ilī'i i loko

'O ka ulu 'ana i ho'ololi 'ia e nā kumu mea'ai, 'a'ole lawa nā hō'ike e ho'okumu ai i nā 'ano lapa'au i ke kūlana o ko mākou 'ike i kēia manawa" (p. 402). 'O ka pilikia wale nō o ka loa'a 'ana o nā mea lapa'au no ka ho'ōla 'ana i ka ma'i kanesa a 'a'ole ma o ka ho'oponopono 'ana i kā mākou mau mea'ai mea'ai, akā ma o ke ke'ena 'ana o kekahi pill fanciful a i 'ole.

He mea hoihoi ka 'ike i ka wā a me kahi e 'ike hope ai nā 'epekema i nā kumu maoli o ka ma'i kanesa. I kēia manawa, ua loa'a iā lākou he 400 mau "carcinogenic agents", kahi i 'ōlelo ai 'o Cowdry: "Ma lalo paha o ho'okahi pākēneka o nā ma'i ma'i ma'i i alo 'ia e nā kauka, 'o ia ka carcinogens maoli, a i 'ole hui pū 'ana o nā carcinogens, 'ike 'ia" (p. 390). E kū'ē i kēia, ua 'ike mua mākou i ka ho'oikaika 'ana o ka 'ai "ma'amau" ('a'ole kūlohelohe) i nā ma'i koko ma 80 o 100 mau 'iole ma'i ma'i ma'i 'ole i kekahi hihia a me 150 mai 198 i kekahi hihia. 'O kāna 'ai 'ai 'ana i kaohi nui 'ana i ka pinepine o ka ma'i kanesa ma waena o nā lāhui holo'oko'a a 'o kona pani 'ia 'ana e ka mea'ai kūlohelohe ka mea e pale ai i ka ulu 'ana o ka ma'i kanesa. 'A'ole na'e 'o ia i mākaukau e kau i ke kumu ho'okahi o ka ma'i kanesa, ka 'ai hewa 'ole, i waena o kāna mau kumu carcinogenic 'ē a'e. Ua kapa 'ia 'o ia he kumu "ho'ololi" a ho'oha'aha'a 'ia e nā mana'o kumu 'ole.

'Oiai 'a'ole 'o ia e hopohopo nei i ke 'ano o nā cell malignant, kākau 'o ia (p. 43):

"Hele ia me ka 'ōlelo 'ole he Aristotle, a 'o Darwin paha, inā 'o ia me mākou i kēia lā, hiki ke hui pū i nā 'ike āpau e like me kā mākou 'ike iā lākou e pili ana i nā ma'i ma'i ma'i a hā'awi i ka wehewehe 'ana i kā lākou hana 'ino. Malia paha i nā makahiki e hiki mai ana e hana 'ia kēia a e ha'oha'o kākou i ke kumu o ko kākou noho makapō lō'ihī loa. I keia wa, ke hooki nei makou i ka holomua o ke a'o ana ma o a maanei." Aka, ke noi aku nei au e kuhikuhi aku aole pono he Aristotle maanei, aole hoi he Darwin. hoopoina i kona ola ana no kekahi manawa, e kuhikuhi i kona mau maka i ka

'O nā hōkū, ka lā, ka mahina, nā kumulā'au a me nā pua, e ho'okomo i ka no'ono'o i loko o kā lākou mau mea pohihihi a e 'ike i ke 'ano ma'amaui o ka honua holo'oko'a. Hiki i kekahi kanaka 'epekema ke ho'opau i kēlā ao a kūkulu i kona honua pono'i ma kona hakahaka? Ho'opau ka po'e 'epekema i kēlā ola, kēlā honua ne'e a hō'ike i ke kanaka me kahi honua o kā lākou hana pono'i, me kā lākou berena, kā lākou amino acids, kā lākou mau huaora a me nā pa'akai synthetic. He mea hoihoi ka 'ike inā ma hope o ka heluhelu 'ana i kēia mau laina, e kau mau ana nā 'epekema i ko lākou 'ike pono'i ma luna o ke akamai o ke 'ano o ka Honua.

Ho'opuka hou a'e 'o Cowdry i nā hihia he nui o ka nalo wale 'ana o nā ma'i ma'i 'ino a i ka hopena hope loa e huki ai i kēia mau hopena (p. 545):

"1. 'Ike 'ia kekahi mau ma'i ma'i 'a'ai mua li'ili'i loa nā helu i loko o ka umauma, ka prostate a me ka 'ōpū. 'A'ole ulu ka hapa nui o kēia mau mea, noho pa'a no nā makahiki a i 'ole e ho'ihō'i koke.

"2. 'A'ole i 'ike pinepine 'ia nā ho'ololi, ma'amaui no ka manawa pōkole, i ka nui o nā ma'i ma'i i ulu maika'i 'ia. Hiki ke lawe 'ia kēia ma muli o ka hana 'ana o nā kumu he nui e pili ana i ka nui o nā cell malignant a me ka stroma.

"3. 'O nā ho'ololi i wehewehe 'ole 'ia i ke 'ano o nā ma'i ma'i 'ino i kekahi manawa no ke kumu 'ike 'ole.

"4. Aia kekahi mau la'ana ma ka mo'olelo o ka nalo 'ana o nā neuroblastoma i nā keiki. I kekahi o lākou, pili kēia me ka ho'oka'awale 'ana o nā cell malignant no nā kumu i 'ike 'ole 'ia.

"5. Ua loa'a kekahi mau hihia i hō'ōia 'ia o ka regression piha o nā ma'i ma'i ua wehewehe 'ia 'a'ole hiki ke pili i ka lā'au i hā'awi 'ia. 'Ike 'ia, aia kekahi 'ano o nā cell malignant i nā hihia ko'iko'i loa i mālama 'ia e nā mīkini physiological."

He aha ke kumu o ka ho'ihō'i hou 'ana o nā ma'i ma'i, inā 'a'ole he loli a 'ike 'ole 'ia i nā 'ano mea'ai o ka mea ma'i? Hiki ke ho'okahi wale nō ala no ka holomua

lapa'au 'ana i ka ma'i kanesa. Pono e ho'onele mua 'ia ka 'ōpū i nā mea'ai degenerated, a laila pono e pōloli maoli a pepehi 'ia ma ka ho'emi 'ana i ka 'ai 'ana i nā mea'ai kūlohelohe i ka līlīlī. Inā pono, hiki ke mālama 'ia nā cell ma'amau i loko o kahi kūlana semi-pōloli no kekahi manawa. Ma hope o ka nalo 'ana o ka ma'i koko, hiki ke ho'ihō'i hou 'ia i ko lākou ikaika mua.

'O ka hana a me nā lilo o ka ho'omākaukau 'ana i nā mea'ai i kuke 'ia 'A'ohe mea akā 'o Sheer Waste

E like me kā mākou i 'ike mua ai, ola ke kanaka maoli i ka mea'ai maka wale nō. 'O nā mea'ai a me nā mea inu a pau i ho'opau 'ia ma ka honua e nalowale 'ole. 'O ke kālā i ho'olilo 'ia ma luna o lākou, ua makehewa. I ka 'ike mua 'ana, 'ike 'ia paha kēia 'ōlelo he mea hiki 'ole ke hilina'i 'ia, akā 'o ka 'oia'i'o ma'alahi, ka hō'oia i loa'a ia'u ma ko'u 'ike pilikino.

I ka ho'omaka, mana'o mākou e ho'onui i ka ka 'ai 'ana i nā mea'ai maka i ka like me ka ho'emi 'ana i ka 'ai 'ana i ka mea'ai i kuke 'ia, akā 'ike koke mākou ua kuhihewa mākou. 'Oia i ka wā mua, ua nui ka noi no nā mea'ai kūlohelohe i mea e ho'ihō'i ai i nā poho mau i loa'a i ke kino a e kūkulu hou i nā kino ma o ka ho'oikaika 'ana iā lākou me nā mea ho'ohui hou o nā pūnaehana ikaika, ma hope o ka emi 'ana o kēlā koi.

Pīhoihoi nō ho'i mākou i ka līlīlī o ka mea'ai a kā mākou kaikamahine 'o Anahit i 'ai ai. 'O kona makuahine, me kona maka'u mua i ka 'ai 'ole, koi 'o ia iā ia e 'ai hou aku, akā 'a'ole ho'omau ke keiki e hana pēlā. Ma ke 'ano līlīlī, ua maopopo ia'u 'o nā hua'ai a me nā cereals i ka moku'āina maka he mau mea'ai nui loa o ka maika'i loa a, no laila, 'o kahi līlīlī līlīlī o lākou e ho'opiha piha i nā pono o ko mākou kino. 'O ia ke kumu 'a'ole pono e koi 'ia ke keiki 'ai maka e 'ai ma mua o kona makemake. 'A'ole ia he mo'olelo mo'olelo ke lohe mākou i ke ola 'ana o ke kanaka no nā mahina ma ka lā a i 'ole ka wōnati i ka lā.

Hiki i ka po'e 'ai kuke ke ho'omaha iā lākou iho ma nā pāpā'i piha o nā mea'ai i kuke 'ia, no ka mea, 'a'ohe o lākou mea'ai ma ke 'ano piha o ka hua'ōlelo.

'Ai nui nā holoholona herbivorous i ka mau'u, no ka mea, ua haku 'ia ka mau'u i ka 'ōpala; 'o nā mea'ai maoli i loko o ia mea aia ma kahi 'ano he'e a me ka li'ili'i loa.

Ho'oka'awale kēlā mau holoholona i ko lākou 'ōpū i ka nui o nā 'ōpala i nā manawa he nui i ka lā, akā 'o ka mea'ai maka ma'amau e mana'o i ho'okahi ne'e wale nō i ka lā. 'O ka 'ai nui 'ana, ka loa'a 'ana o nā koena hua 'ole i loko o ka faeces a me ke koi 'ana e hele i ka 'ai 'oi aku ma mua o ho'okahi manawa i ka lā, he mau hō'ailona ia o ka 'ai 'ana, kahi e pale aku ai ka mea'ai maka. 'A'ole 'oi aku ka nui o ka hua a'u e 'ai ai ma mua o ka nui o ka mea'ai i kuke 'ia i ka hua'ai. Ho'ohui wau i kahi pāpā'i palaoa kānana i kēlā lā i kēia lā, kahi e pani ai i ka 'ai 'ai i loa'a i nā mea'ai a pau, no ka lawa 'ole o nā mea'ai maoli. I loko o kēia pāna'i ma'alahi 'a'ohe wahi, 'oia'i'o, no nā mea'ai degenerated a pau a'u i lawe mua ai.

He aha ke ki'i inā e ho'omaopopo koke ka honua holo'oko'a a lawe i nā kānāwai kūlohelohe o ka mea'ai? 'Oiai inā e mau ana ka hana 'ana o ka hua i kona pae i kēia manawa, ma hope o ka 'ae 'ana i kēlā me kēia kanaka i kahi pāpā'i 'ai a i 'ole salakeke kulina i kēlā me kēia lā a no laila e ho'omā'ona ai i nā koi mea'ai o ka honua holo'oko'a a piha, e waiho 'ia ke koena o nā mea'ai holoholona a pau. ke kō, ke kī, ke kope, ka koko, ka wai'ona a me nā mea inu 'ole, ka paka, ka margarine, a me ka hapa nui o nā pulupulu a me nā cereals i ho'opau 'ia i kēia lā.

E 'ike kākou i ka hopena o kēia mau mea'ai 'ino ka mea i pau i ka honua i kēia manawa. 'Oia'i'o, ua ho'opau 'ia ma nā 'ano 'ekolu.

1. Ma muli o ka hemahema i ka ho'okō 'ana i nā pūnaewele kūikawā, ka Pono ke kanaka maoli e 'ae i ka hele 'ana o kekahi helu o nā 'āpana parasitic i hana 'ia mai ka mea'ai i kuke 'ia, i mea e mālama ai i ka hapa li'ili'i o kāna mau 'ōpū a me nā 'ōnaehana.

2. 'Ai 'ia ka nui o nā mea'ai degenerated e ke kanaka ho'opunipuni.

3. 'A'ole paha he kino ho'okahi wale nō ke kanaka a i 'ole he hui pū 'ana o nā kino 'elua (e like me ka mea i hō'ike 'ia e kona 'ano lahilahi a 'o'ole'a paha), 'o ka hapa nui o ka mea'ai, i ho'okomo 'ia i loko o ke kino ma ke 'ano o ka addiction a 'O'i aku ma mua o ka mana assimilative o nā cell, e puhi wale a ha'alele i ke kino ma nā ala like 'ole. 'O ka nui o nā mea'ai i ho'opau 'ia he hapa nui o ka nui o ka 'ai 'ana i nā mea'ai.

'O ka mea pō'ino loa o ka nīnau, 'o ia ka ho'ohana 'ana o nā cell specialized i ka nui o ka ikehu i loa'a iā lākou mai nā mea'ai kūlohelohe e wāwahi ai i nā mea'ai a ke kanaka wahahe'e, e komo i loko o ke kahe koko, e hō'oi'a i ka hana ma'ema'e. o na kino excretory a e kipaku aku i waho o ke kino i na hopena ino o na mea ai i moa. No ka la'ana, i ka hana mau 'ana i ka lā holo'oko'a, hiki i nā cell active ke ho'omaha iki; akā, pono lākou e ho'olei ma kahi moe a hiki i ka wana'ao i mea e kipaku aku ai mai ke kino aku i nā calorie 'ē a'e i ho'okomo 'ia i loko o ke kino e ke kanaka ho'opunipuni.

I ka wā ma mua, ua hā'awi 'ia ia'u i ka pā'ina a me ka ho'ohui 'ana i ka 'i'o i kahi pae kupaianaha. 'O ka hopena, ua loa'a ia'u ka insomnia i ko'u ola a pau. 'A'ole wau i ho'omana'o i ko'u hiamoe 'ana ma mua o ke aumoe a i 'ole i ala a'e i ka wana'ao e 'ike i ka puka 'ana o ka lā. Ala au a hiki i ka hola 'ekolu a 'ehā paha o ke kakahiaka a ala a'e i ka 'ewalu a 'eiwa me ke po'o kaumaha. 'O ka mea pōmaika'i, ma hope o ka 'ai 'ana i ka 'ai maka ua nalowale loa ko'u insomnia, akā inā e ho'ā'o wau e 'ai i ka 'aina ahiahi nui, pono wau e maka'ala a hiki i ke ao. Mai kona mau makahiki 'elua, 'a'ole ala 'o Anahit i ka pō.

'O nā huaora a me nā pa'akai i loa'a i loko o nā mea'ai i kuke 'ia he wahahe'e, make, kaulike 'ole a me ka pō'ino. 'O nā mea'ai i ho'omo'a 'ia, 'a'ohe mea 'ē a'e, 'o nā mea kūkulu hale haki a me ka wahie hewa 'ole; 'O nā pūnaeweke pono 'ole i hana 'ia mai ia mau mea kūkulu hale, he mea kaumaha i makemake 'ole 'ia ma nā cell ma'amau. 'O ka wela i loa'a mai ia 'ano wahie he 'oi aku ka nui a me ka pō'ino, 'oi'ai 'o ka ikehu i hana 'ia mai ia mea (motive energy) he superfluous a waiwai 'ole. 'O kēia ikehu e ho'one'e i nā ka'a o ka hale hana ma waho o nā hola hana; ho'oikaika ia i ka na'au e hana pālua i kona wikiwiki ma'amau; ia

ho'opilikia i nā mea 'ē a'e i makemake nui 'ia e nā mīkini ko'iko'i o ka hale hana holo'oko'a, e ho'oluhi iā lākou ma kahi o ka ho'oluhi hewa 'ana. 'O ka insomnia kekahi la'ana o kona hopena 'ino.

He aha ka hopena ke ho'omohala nā kauka i 'ōlelo 'ole 'ia i nā 'ano hana e hō'emi ai i ka momona? Ho'olālā lākou i ka 'ai 'ana i nā mea'ai i kēlā me kēia lā, no ka mea, 'o kā lākou papa inoa o nā mea'ai i pāpā 'ia e loa'a nā mea'ai pono a me nā mea'ai nui e like me ka walnuts, almonds, raisins, date, fig, mai'a. 'O ia ho'i, ho'emi lākou i ke kaumaha o ke kanaka ma lalo o ka lapa'au 'ana ma ke kumu kū'ai o ka 'ili a me ka ho'onāwaliwali 'ana iā ia, a pēlā e hō'ino nui ai i kona olakino. Ma ia mau hihia, ma ka emi 'ana o nā mea'ai degenerated, nalowale ke kanaka wahahe'e i kekahi o kāna wahie nui loa, 'oiai ma ke kaohi 'ana i nā mea'ai maoli ua ho'onele 'ia nā cell ma'amau i kekahi mau mea'ai pono loa. No laila, ua kūpa'a ke kanaka wahahe'e ma kona wahi, 'oiai 'o ke kanaka maoli ua 'oi aku ka 'ele'ele.

Hālāwai mākou me kahi la'ana le'ale'a loa o ka hopena o ka palena 'ai i ka wā e a'o ai i ka ma'i kanesa. Ma ke kūkākūkā 'ana i kēia nīnau ua 'ōlelo 'o Cowdry: "Ua 'ike 'ia ka ho'emi 'ana o ka ma'i kanesa o ka umauma, i lawe 'ia e nā mea 'ai mea'ai, pili me ka emi 'ana o ka hana ovarian i nā 'iole" (op. cit. p. 398). He aha hou a'e kā mākou makemake? Ua 'ike 'ia ke kumu o ka ma'i kanesa o ka umauma. Ke waiho nei i nā kauka ke ho'opau loa i ka hana ovarian i nā wahine i mea e ho'opakele ai iā lākou mai ka ma'i kanesa o ka mammary glands.

Akā 'oia'ʻo aia kahi wehewehe ma'alahi o ka mea e hana maoli ana. 'Elua mau hopena kū'ē i ke kino o ka THOUGHTLESS LIMITATION o ka lawe 'ana i ka calorie. Ma kekahi 'ao'ao, 'o ka ho'emi 'ia 'ana o nā mea'ai degenerated e pale ai i ka ho'okumu 'ana o ka ma'i kanesa, 'oiai, ma ka 'ao'ao 'ē a'e, 'o ka ho'emi 'ana o nā mea'ai kūlohelohe e ho'opilikia i ka hana ma'amau o nā ovaries.

Ua piha ka 'epekema lapa'au i nā kū'ē kū'ē. I ka manawa a 'O kekahi ma'i e huki iā ia iho i ke au 'ino o nā mea'ai kūlohelohe, loa'a i ke kino o ka mea ma'i ka pale 'oko'a mai kekahi ma'i 'ē a'e. No ka la'ana, ka po'e i loa'a i ka ma'i diabetes,

‘O ka arteriosclerosis a me kekahi mau ma‘i ma‘i ma‘i ‘a‘ole li‘ili‘i i ka ma‘i kanesa. Ua hana ‘ia nā ho‘okolohua pupule e ho‘okau i ka po‘e i ka mana o nā ‘ano bacteria like ‘ole no ka mea i ‘ōlelo ‘ia e pale i ka ma‘i kanesa. Hana ‘ia ka mea like ma kahi pāna‘i li‘ili‘i i ka wā o ka lā‘au lapa‘au, ‘oiai ma ka ho‘oulu ‘ana i nā ‘ano ma‘i ma‘alahi e pale ‘ia nā keiki mai nā hō‘eha ko‘iko‘i ma hope aku. ‘O ka manawa e ho‘oholo ai nā kāne e mālama i ke olakino o kā lākou mau keiki ma o nā kāmāwai kūlohelohe, e lilo ia mau hana kūlohelohe i mea ‘ole, e ho‘oku‘u ‘ia nā keiki hala ‘ole mai nā lā‘au lapa‘au weliweli a e lilo ka lā‘au lapa‘au i ka mō‘aukala.

Hō‘ike nā ho‘okolohua i ka manawa i kāhea ‘ia ke kanaka wahahe‘e ‘A‘ole hiki i nā palena mea‘ai hapa ke nānā i kona ulu ‘ana. ‘Oiai he 10-15 pakeneka degeneration i loko o nā mea‘ai ua lawa ia e ola ai. E maka‘ala ke kanaka no‘ono‘o i ka hā‘awi ‘ana i ka mea‘ai ho‘okahi i kēlā monster. Ua ho‘oma‘ema‘e loa au i nā ami o ko‘u mau wāwae i nā mea ‘oko‘a gouty, akā inā hiki ia‘u ke ‘ai i ka ‘ī‘o, i kekahi mau hola ma hope o ka hahau ‘ana i ka hāmāre, hō‘ike mai ia‘u ua komo ka uric acid i loko o nā hui o ko‘u manamana wāwae nui. Ho‘ohana pinepine au i kēia mau ho‘okolohua i nā makahiki mua o ka‘u a‘o ‘ana i ka ‘ai maka.

‘Ike ‘ia, ‘a‘ohe ka‘awale nā pūnaewele i ho‘oma‘ema‘e ‘ia mai ka ‘akika uric a ua ākea nā ala e hiki ai iā lākou. I ka wā i ho‘okomo ‘ia ai kahi ‘ī‘o i loko o ke kino, ua ho‘ololi ‘ia ia i loko o ka uric acid, a laila wikiwiki e noho i kona wahi i koho ‘ia.

‘A‘ole ho‘i e emi me ka ma‘alahi nā ke‘ena o ke kanaka wahahe‘e. wahahee lakou i ho‘ohālua, hapalua make, akā, mana‘olana. ‘A‘ole hiki i kahi ‘āpana mea‘ai degenerated iā lākou a ho‘omaka lākou e ola hou a mahuahua. Pono e hā‘awi ‘ia ka mana o ke kaumaha o ke kino i nā mea‘ai maoli. ‘O ka mea nāna e ‘ōlelo ‘a‘ole maika‘i ka slimming nui no kou olakino, ‘o ia ho‘i, ke ‘ōlelo aku nei iā ‘oe e hānai i hānai i nā kiloka‘i he nui o nā ma‘i a me nā sela parasitic i mea e mālama ai i ka momona o kou kino. I ka manawa like me ka pepehi ‘ana i ke kanaka wahahe‘e, ‘o ka mea‘ai kūlohelohe, me ka mālīe akā ‘oia‘ī‘o, e ho‘onui i ke kaumaha o ke kanaka maoli i ke kūlana ma‘amaui i koi ‘ia e ke ‘ano.

Ma hope o ka ho'opau 'ana i kēlā mau 'i'o pono 'ole, 'o ke kanaka i ho'ouka mua i kona kino me 40-50 kilokani o nā ke'ena ma'i a 'a'ole hiki ke pi'i i luna i ho'okahi kapua'i me ke kōkua 'ole 'ia e hiki ke holo i luna o nā mauna me ka 'ole o ka lauoho. 'A'ole pono kēlā kanaka e hopohopo no ka emi wikiwiki o ke kaumaha; aka, e hauoli no ia. 'A'ole pono ke kanaka no'ono'o e 'ae i ka 'i'o pono 'ole ma luna o kona kino. I ka pōkole, pono e ho'omaopopo nā kānaka a pau, ma ka ho'okomo 'ana o kēlā me kēia 'āpana mea'ai i ho'omo'a 'ia i loko o kona kino, ua hānai 'o ia i ke kanaka ho'opunipuni, kona 'enemi mihi 'ole, kona ho'opa'i ho'opa'apa'a ; mālama 'o ia i nā ma'i āpau i 'ike 'ole 'ia; ua ho'omākaukau 'o ia i ke ala no kona make ponoʻī.

I ka mana'o o ka mea 'ai mo'a, pono e 'ai maika'i i mea e mālama ai i ke olakino maika'i. I kona mana'o, 'o ka 'ōpū o ka 'ōpū he kino pololi. 'A'ole 'o ia i 'ike he kanaka ma'i maoli ke kanaka piha o ka 'ōpū. Pa'akikī kona 'ōpū e kipaku aku i nā mea'ai kūlohelohe i ka manawa kūpono. 'O ka 'ōpū o ka mea 'ai maka, ma ka 'ao'ao 'ē a'e, he hakahaka mau a i 'ole, he māmā loa ia 'a'ole ia e 'ike i ka hele 'ana o kekahi mea ma laila. Mana'o 'o ia i ka piha o kona 'ōpū, no ka mea, ma laila e ho'one'e koke 'ia ai ka mea'ai āna i 'ai ai. 'A'ole e moe lō'ihi ka 'ai nui i loko o kona 'ōpū; komo koke i loko o ka 'ōpū a, 'eli 'ia a 'a'ole ho'ohehe'e 'ia, ha'alele i ke kino me ka 'ole o ka pō'ino lī'ili'i i ke kino.

No laila, 'a'ohe kinoea i hana 'ia i loko o ka 'ōpū o kahi mea 'ai. Inā 'ai ka nui o ka mea'ai, hiki ke hana 'ia nā kinoea i loko o ka 'ōpū, akā makemake lākou e ha'alele i ke kino ma ke ala ma'amau. 'Ike maopopo loa ka mea 'ai maka i ka 'oko'a ma waena o nā 'ōnaehana mea'ai 'elua ke ho'ā'o 'o ia e 'ai i ka 'aina ahiahi ma hope o kekahi mau mahina 'a'ole. 'O ia ka manawa e kahaha ai 'o ia pehea e hiki ai iā ia ke kauo i kahi ola ma'i a me ka pō'ino a mana'o 'o ia i kēlā 'ano ho'opailua o ke ola ma ke 'ano ma'amau.

He Laau Laau a ka Mea Ai Moa Erroneous Science

E like me kā mākou i 'ike ai, lawe 'ia nā ma'i ma o ka ho'opau 'ana i nā mea waiwai o ka hale hana kanaka. No laila, hiki ke ho'iho'i 'ia ke olakino inā ho'iho'i 'ia ka pono o ia mau mea. Akā he aha ke kumu o ka hana holo'oko'a o ka 'epeke ma lapa'au hou? He aha ka hana a nā kauka? Ke ho'ā'o wale nei lākou e ho'iho'i i kēlā kūpa'a ma o nā mea'ai i ho'oha'aha'a 'ia, nā huaora artificial, nā pa'akai, nā hormones a me ka lehulehu o nā mea 'awa'awa, a ma ka manawa like lākou e wehe a ho'olei aku i nā 'ōpū a me nā 'ōpū a pau i hō'ino 'ia a hiki 'ole ke ho'oponopono 'ia e like me ka hopena o ka hemo 'ana o nā mea maka maoli.

Noho nā kānaka a pau i kahi kūlana na'auwae weliweli. Ma ka manao o 'O ka 'ai'ana i nā mea i kuke 'ia he mea kūlohelohe maoli nō ia, 'oiai 'o ka hānai 'ana i nā kānāwai o ke 'ano he ho'okolohua, a he ho'okolohua weliweli ma ia mea. 'O ka 'oia'i'o, ua ho'opau nā kāne me ka 'ike 'ole i ka PERFECT BALANCE i ho'omohala 'ia e ke 'ano, a no nā kaukani mau makahiki e hana nei lākou i nā HO'OPI'I NA'O 'ole ma o nā mea'ai i kuke 'ia, nā mea ho'omākaukau a me nā mea 'awa'awa e loa'a ai kahi koena hou, ko lākou koena pono'i. 'O ka hopena koke o ia mau ho'okolohua, 'o ia ka nui o nā ma'i e kū nei ma ka honua i kēia mau lā.

Ke kono au i ka po'e e 'ai i ka 'ai maka, 'a'ole au e mana'o i kahi ho'okolohua hou. Aka, ke koi aku nei au ia lakou e hooki i na hana hoao e holo mau nei a e hoi hou i ke ano o ka noho ana.

No laila, inā 'a'ole 'o ia i nele i ka no'ono'o ma'amaui, 'a'ole pono ka mea heluhelu e kali i nā po'e 'ē a'e e hana i kēlā "ho'okolohua hou" a ha'i iā ia i ka hopena. Pono 'o ia e ho'ōki koke i kāna mau ho'okolohua weliweli a huli i ke 'ano o ke ola ma'amaui.

'O nā huahana hope loa o kēlā mau ho'okolohua, nā haku hana o 'O nā hale hana no'i a ke kanaka, 'o ia nā lā'au a me nā pauka a ka po'e 'epeke ma e makemake ai e hānai i ka honua, akā 'o nā mea hana o ka hale hana kūlohelohe 'o ka palaoa, ka wōnati a me ka 'āpala. Pono kākou a pau e koho ma waena o kēia mau mea 'elua. 'O nā mea'ai a pau i kuke 'ia he mau mea hana

ho'onele 'ia ko lākou 'ano kūlohelohe. Loa'a iā lākou ka waiwai nui e like me nā papa hua'ai i ho'olaha nui 'ia a me nā mea 'ai mea'ai.

Nui nā 'ano mea ola, 'a'ohe o lākou kauka, 'a'ole halema'i a me nā lā'au lapa'au, akā na'e, koe ka po'e i mālama 'ia e ke kanaka, ola lākou me ka hā'ule 'ole 'ana i nā ma'i a ho'opau i ko lākou ola kūpono e like me ko lākou kino. kumukānāwai, mai kekahi mau lā a hiki i nā haneli makahiki. Ma muli o ke 'ano kūpono o kona kino, pono ke kanaka e hau'oli i ke ola lō'ihi a 'oi aku ka maika'i ma mua o nā mea ola 'ē a'e o kēia honua. 'Oiai me ka 'ole o ka 'ai maka piha, aia nā manawa ma ka mo'olelo o nā kāne hiki ke hiki i nā makahiki o 150-180 mau makahiki, ma ka noho wale 'ana ma lalo o nā kūlana kahi e pale 'ia ai ka degeneration nui o nā mea'ai. 'O ka 'oia'i'o o ka noho li'ilii 'ana o ka hapa nui o ka po'e he hō'ailona maopopo loa ia he hewa i ko lākou 'ano o ke ola 'Ai nui nā holoholona i nā lau 'ōma'oma'o a me nā 'ōpala o nā mea kanu. Loa'a i ke kanaka nā mea'ai maika'i loa a maika'i loa o ke 'ano ki'eki'e loa, i ka hele 'ana ma nā lau a me nā 'ōpala, nā kumu a me nā lālā o ia mau mea kanu, ua hui pū 'ia i kā lākou mau hua a me nā hua.

Ua hiki mai ka manawa e 'ae ai nā mea olaola ua ha'alele lākou i ke ala pololei a ke hana nei lākou i kā lākou noi'i ma nā wahi hewa. Pono lākou e ha'i aku, 'a'ole hiki ke ho'opa'i i nā poho i loko o nā mea'ai mea'ai maoli ma o ka ho'omākaukau 'ana; 'a'ole hiki i nā mea 'awa'awa ke ho'iho'i i nā degeneration o nā kino like 'ole; he mau 'āpana hiki 'ole ke ho'oka'awale 'ia ko mākou kino a no laila 'a'ole pono e 'oki 'ia a wehe 'ia. I kēia lā, ke hō'ike nei au iā lākou i kahi ala ma'alahi a ma'alahi ho'i e ho'omaha ai i ke kino o ke kanaka mai nā ma'i āpau me ka hopena a me ka hopena. O KA HOINO ANA I NA KENE MA'I A OLE O KE KINO, ma ke oki ana i ka lako o na mea ai ano ole, a me ka pani ana i na sela ola kino a me na mea ai maoli. I mea e maopopo pono ai i ka pono o ka'u mau mana'o ho'opa'apa'a, pono lākou i kekahi mau mahina hana.

He aha ka pahuhopu o nā kauka a me nā mea olaola, inā 'a'ole ka ho'oku'u kanaka mai ka mai? 'O ka 'ai maka ke ala e hiki ai i kēlā pahuhopu.

Pono lākou e ha'i koke inā makemake lākou e 'ike a honua 'ole mai ka ma'i. Inā hiki iā lākou ke hō'oiā'io ua 'oi aku ka pololei o kē lākou helu pono'i ma mua o ka helu 'ana i hana 'ia e ke 'ano, a 'o ka po'e 'ai maka a puni ka honua e hā'ule i nā ma'i ma mua o ka ho'iho'i 'ana i ko lākou olakino, e ho'omaha koke wau mai ke kahua pā'ani me ka'u mau puke a laila e noho malie. A i 'ole, 'oiā'io 'a'ole hiki iā lākou ke koi i ke kanaka e ho'omanawanui i nā ma'i e wehe wale i nā puka o nā halemai a me nā lā'au lapa'au.

Pono lākou e ho'olaule'a iā lākou iho i ka mana'o e hiki mai ana ka 'O ka ho'omākaukau 'ana i nā mea'ai mo'a a me kē lākou mau 'ōlelo a'oa'o e mana'o 'ia he mau hewa kū'ē i ke kanaka holo'oko'a, a me "nā lapa'au" ma o nā mea 'awa'awa e like me ke kilokilo o ka makahiki 'ai mo'a. 'O nā kauka na'auao a me ke kanaka e ho'opau koke i kēlā mau 'ōlelo a'oa'o a kono i nā po'e e ho'okau i ke 'ano o ke 'ano. E haalulu ana na lima o ke kauka i waihoia mai ka naau o ka naau i ke kakau ana i na inoa o na mea make a me na huaora hana, a e haalulu hoi kona mau lehelehe i ka hai ana i na inoa o na mea ai i moa. Ua like kē lākou hana me ka ho'opa'i make ma luna o ka po'e hala 'ole. E 'ike 'ia kēia e nā mākuu a pau.

'A'ole makemake paha kekahi o ka'u po'e heluhelu i ka'u leo kākau. In 'O ko lākou mana'o, 'oi aku ka maika'i o ka'u mau 'ōlelo e 'oi aku ka 'epekema (i ho'onani 'ia me ka hua'ōlelo Latin i 'ike 'ole 'ia e ka hapa nui o ka po'e), 'oi aku ka conciliatory (ho'opii'i), 'oi aku ka ko'iko'i (ho'okamani), 'oi aku ka ho'ololi 'ana (unscrupulous), 'oi aku ka lokomaika'i (wahahe'e) a 'oi aku ka no'ono'o (defetist).). Akā makemake wau e ho'oholo, 'oiā'io a wiwo 'ole. A pēlā nō wau, inā e 'ike au i ke ao holo'oko'a e kū'ē mai ia'u. Mana'o wau e kāko'o 'ia au e ka po'e no'ono'o a pau a e ho'opono 'ia e nā hanauna e hiki mai ana.

Ke no'ono'o wau i ka 'ōlelo a'oa'o o ka moa sopa, ka yolk o o ka huamoa, ka ate palai, a me ka hua i kohuia i na ma'i ma'i, a oi aku hoi i na keiki liilii, he hana karaima, aole au e hooheua wale aku. 'A'ole ho'i

Ua hewa anei au i ka oiaio ke manao au he kilokilo kela mau hana lapaau a pau, ma kahi o ka hoomaemae ana i na aa koko o ka mea ma'i e ku ana ma ka paepae o ka make ma ke kokua ana i ka ai maoli, e hooikaika ana i na io o kona puuwai a me ka haawi ana mai. he ho'olimalima hou o ke ola lō'ihī, ho'onui lākou i kona mau kī'aha e nā mea 'awa'awa, ho'oulu i nā hana o ka pu'uwai e nā "lau o ka hahau", e ho'emi i ka nui o ke koko ma ka ho'oku'u 'ana a i 'ole degenerate a ho'ohehe'e 'ia e nā mea hana. Ua no'ono'o 'o Bircher-Benner a me nā mea 'epekema 'ē a'e he nui i nā hana e like me ka kilokilo, ka ho'opunipuni a me ka buffoonery.

'Oia'i'o, 'a'ole au i hewa i ka pono 'ole ke hilina'i nei i ka'u pilikino, palena palena 'ole, hana au i nā noi'i ko'iko'i a laila, ma ke kumu o ka'u 'ike 'ana, ke ha'i aku nei au ua hewa nā cytologists i ka pupule i ka wā e puhi mua ai lākou i nā tausani o nā mea'ai mea'ai i loko o nā mea'ai maoli a ho'oku'u 'ia nā cell i ka degeneration loa, a laila ho'opau. miliona o na dala aupuni me ka hoao makehewa e hoi hou i kela mau keena LAKOU NA MEKANIKA A ME NA HANA I NALOWALE ma ka loaa ana mai o kahi mea ARTIFICIAL KAHIKI.

E lawe kākou i kumu ho'ohālike, ke kauka nāna au i mālama i ka'u mau keiki aloha 'elua. 'O ka mea mua, ma lalo o ke kumu o ke kōkua 'ana i kā lākou 'ai 'ana a me ka ho'omau 'ana i ko lākou ikaika, ua pāpā 'o ia iā lākou i nā hua maka a 'ōlelo 'ia i nā compotes a me "nā mea'ai momona" ma kahi. Ma hope mai e pili ana i ka 'ona 'ona a me nā ma'i auto-infections ma muli o kēlā mau 'ōlelo a'oa'o e like me ka ma'i ma'i, ua kuhikuhi 'o ia i nā kumu weliweli o ka quinine a, ma hope aku, ma o ka helu 'ana a me nā ho'okolohua, 'o ka 'oi loa o nā "mea'ai" a me ka nui o nā lā'au lapa'au like 'ole. 'O nā lā'au'alo'alo hou, ua ho'onele'o ia i nā keiki i ko lākou mau mana hope loa. Ua hewa maoli kēlā kauka i ka hewa 'ino loa, 'oiai ua hana 'o ia i nā mea āpau me ka mana'o 'ole. Ano, i hiki ole ai iaia ke hana hou i ka hewa hookahi i na keiki e ae, e lawe kakou i kona hewa i kona hale, a e hoomaopopo aku iaia ua hewa oia i ka hewa ino loa. Inā nā lā'au lapa'au kēlā

‘O ka’u mau keiki i lawe i nā makahiki he 14 ua ho’ohana pololei ‘ia, e ho’opau loa ‘ia kahi pū’ali koa holo’oko’a.

‘Oī aku a līlī’i paha ke kūlana i kēia lā. I kēia au o ka ‘epekema ‘O ka holomua, ke ‘ike nei au i nā keiki ‘ele’ele a nāwaliwali he nui ka po’e makuahine e ho’oikaika a ho’oweliweli iā lākou e ‘ai i ka laiki, ka ‘i’o, nā hua manu, ka berena, ka meli, ka pata a me nā pāpā’i, ‘oiāi i ka manawa like e pāpā loa lākou iā lākou i nā kukama a ‘o ka mai’a no ka "ma’i ‘ole", nā cherries a me nā hua waina no ka "ho’oulu ‘ana i ka ma’i ma’i", a me nā mulberry a me nā melons no ka "ho’oulu ‘ana i ke kuni". Pehea e hiki ai ia’u ke ho’omanawanui me ka mana’o ‘ole i kēia kūlana pō’ino?

Ua ‘ike nā kānaka a pau i ka pa’akikī o ke ‘ano o ke kino kanaka. He ‘ano pa’akikī like ka ‘ano o ka palaoa. Ke ulu a’e, lilo ia i kino ‘eleu a ola e ola a hanu e like me ke kanaka, koe wale nō ‘a’ole hiki ke kama’ilio a hele. ‘O nā kaukani o nā mea e pono ai no ka hana ma’amau o nā mea nui a me nā mea līlī’i a pau o ko mākou kino e hō’ilī’ili ‘ia i loko o kā lākou mau mea i koi ‘ia a me nā helu pololei loa. Ke ho’ololi mākou i ka palaoa ola i berena, ho’opau mākou i nā mea a pau i loko o ia mea e mālama i kona lehu: ka starch make a me ke kō. I ka no’ono’o ‘ana he mea’ai maoli kēlā lehu, hā’awi ka makuahine mana’o maika’i i kāna keiki, akā hopohopo ‘o ia e hā’awi iā ia i ka palaoa ola.

Pēlā nō, ‘o nā mea’ai moa a pau o ka honua, i mana’o ‘ia e ka po’e ‘ike pōkole he mea’ai maika’i, ‘a’ohe mea ‘ē a’e he mau pu’upu’u lehu ‘ala a me ka lehu. ‘O nā huaora a me nā papa i ‘ike ‘ia i loko o lākou e nā mea olaola he mau mea kūlohelohe ‘ole, ola ‘ole.

I ka manawa i mo’a ‘ia ai ke ke’ena mea kanu ola, pau ka ‘ai ‘ana; puka mai ia mai kona ano maoli a lilo i mea hana. Ke hā’awi ka makuahine i kāna pēpē līlī’i i kāna berena mua, ka waiū malo’o a i ‘ole kekahi mea kuke ‘ē a’e, ho’omaka ‘o ia e ho’ohana i kēlā mau mea hana e hana ai i nā ho’okolohua ‘ino loa a me ke kanaka ‘ole i kāna keiki.

Aia ka hewa kumu o ka ‘epekema lapa’au i kona ‘ike pōkole ‘ino. ‘O ia ka cytologist kaulana e like me kā Cowdry i mana’o ai

‘O nā mea‘ai ola a maika‘i ho‘i e like me ka palaoa, nā ‘ano‘ano a me nā hua‘ai he "mea‘ai ma‘alahi a ma‘alahi ho‘i o ke kumu kūloko". ‘O ka ‘oko‘a, mana‘o ‘o ia i nā pu‘u lehu i ‘ai ‘ia e nā kāne "he ‘ano mea‘ai nui i hō‘ili‘ili ‘ia mai nā wahi he nui o ka honua" (op. cit. p. 220), a ke mana‘o nei ‘o Aristotle e hele mai e hō‘ike iā ia. ‘oko‘a maoli ma waena o lāua.

‘Oiai ke pa‘akikī ikaika nei i kēia ‘ōnaehana o ka therapeutics, hana wau mai inaina aku i kekahi. Ke ho‘okipa wale nei au i ke aloha nui i nā kāne a me nā wahine a pau me ka ‘ole, no ka mea, ua hana lākou i kēlā mau hewa i ko lākou kino iho, i ko lākou pilina a me ke kanaka me ka ‘ike ‘ole a me ka no‘ono‘o ‘ole. Akā, ‘o ka po‘e e ho‘omau i kā lākou hewa ma hope o ka heluhelu ‘ana i kēia mau laina, e ho‘ohewa ‘ia lākou e kēlā me kēia kanaka na‘auao.

Ua hiki mai ka manawa e koho ai ka poe olaola i kekahi o na ‘elua ala e wehe ai iā lākou. Pono lākou e ‘ae i ka na‘auao kūpono ‘ole o ke ‘ano a me ka ho‘oku‘u ‘ana i ke kanaka mai kona mau ‘eha i ka manawa ho‘okahi a i ‘ole, me ka nānā ‘ole ‘ana i nā kānāwai o ke ‘ano a me ka hilina‘i wale ‘ana i ko lākou mana‘o pono‘ī, pono lākou e mana‘o i ka berena ke‘oke‘o i ‘oi aku ka maika‘i ma mua o ka palaoa ola. ‘oi aku ka maika‘i ma mua o ke kūlohelohe, a ho‘omau i kā lākou mau ho‘okolohua ‘ino e like me ka wā ma mua. He aha ka hopena? E manao kakou ua mau ke kulana o keia wa no kekahi mau hanauna hou aku, a iloko o ia manawa ua palua maoli ka nui o na laau; Ua pī‘i ‘ehā ka nui o nā huaora artificial, ua ho‘ololi ‘ia kēlā me kēia hale i hale haukapila a lilo kēlā me kēia kanaka i kauka. He aha kā mākou e loa‘a ai mai kēia mau mea a pau, ke hā‘ule pinepine nā kauka i nā ma‘i ma mua o nā ‘ano ‘ē a‘e o nā kānaka a make ma

Aia ke kuleana holo‘oko‘a no ka alaka‘i hewa ‘ana i ka honua nā loea alaka‘i: nā mea noi‘i olaola a me nā polopeka o ka lā‘au lapa‘au. ‘A‘ole hewa nā kauka ma‘amau, no ka mea, ho‘okō lākou i nā mea i a‘o ‘ia e nā kumu. ‘A‘ohe ‘enekinia i hā‘awi ‘ia i ka mālama ‘ana i kahi hale hana ma mua o kona ‘ike ‘ana i nā kiko‘ī āpau o kāna hana. ‘Oia‘i‘o, ‘a‘ole hiki ke ho‘opiha i kahi pū‘ulu o nā po‘e me nā ‘ōpala ha‘aha‘a o

ka 'ike, nā mana'o no'ono'o, nā mana'o hypothetical a me nā mana'o kū'ē, a laila e hā'awi iā lākou i ke kū'oko'a piha e pā'ani me ke ola o ko lākou mau hoa kanaka ma o nā kaukani lā'au 'awa'awa, nā mea hana ho'omāinoino a me nā kauoha capricious, a me kēia mau mea āpau me ka 'ole o ka 'ae a me ke keakea 'ole. E no'ono'o kākou ua pololei nā puke lā'au lapa'au a me nā encyclopedia o ka honua. A laila; no ka ho'opa'ana'au iā lākou e pono ai ke kauka i nā ola he kakini a 'oiai 'a'ole hiki iā ia ke ho'omaopopo i ka hapa tausani o nā hana helu 'ole e hana nei i loko o ke kino kanaka.

Inā e nīnau ka mea ma'i me ka ma'i ma'i ma'i i ho'okahi haneli kauka, e loa'a iā ia ho'okahi haneli mau 'ōlelo kuhikuhi a me nā 'ōlelo a'oa'o. No nā kauka e hana wale i nā ho'okolohua a me nā ho'okolohua hewa loa i kēlā. 'Oiai 'a'ole hiki i ka po'e e ho'ohuli nei i ka pepeiao i kēia mau 'oia'i'o i hō'ike 'ia, 'a'ole hiki ke ha'alele i ko lākou po'ohiwi i ka lā 'apōpō. Ke ulu a'e nā keiki o kēia manawa a loa'a iā lākou iho i ke olakino maika'i 'ole a komo i loko o nā mea ho'ohui, e kāhea lākou i nā mea olaola a pau, nā alaka'i o ka honua a me ko lākou mau mākua pono, a e koi lākou e 'ike i nā hana a lākou i hana ai i ka wā a lākou i hana ai. e heluhelu i keia mau olelo hoolaha. Ua mana'o anei lākou ua 'oi aku ko lākou na'auao ma mua o ke 'ano?

Inā 'a'ole lākou e mana'o pēlā, pono lākou e ho'opau koke i ka luku 'ana i nā mea'ai maoli. 'O kēia ke kauoha pa'a o Nature, 'a'ole ia e 'ae i kahi ku'ikahi. 'O ia ke kāmāwai o ke ao holo'oko'a.

Akā i kēia lā, ke ola nei ke kanaka ma lalo o ka mana piha o nā daimonio i ho'ololi i kēia honua i Gehena. 'O kēlā mau diabolos, ua 'a'ahu lākou i nā maka o nā kaikamahine maika'i, ua noho lākou ma luna o nā papa 'aina a me nā kī'aha kanaka; Ua moe lakou ma kona alo, a ma kona auwae, ma kona mau lima, a ma kona mau wawae, ma kona a-i, a ma kona mau poohiwi, a mai ko lakou mau wahi pono mai, akaaka lakou i kona noonoo. Ua komo lākou i loko o kona kino a ua ho'okomo iā lākou iho i loko o kona pu'uwai a me kona 'uhane.

Ke hoowahawaha nei ke kanaka "civila" o keia wa i ka hoomana kii o ka wa kahiko, aole nae ia i ike, ua oi loa aku ka hewa o ka hoomana kii mamua o ka poe hoomanakii o ka wa i hala. I ka wa kahiko, kukulu na kanaka i na kii o na holoholona like ole a hoomana aku ia lakou; i keia la, ua pepehi lakou ia mau holoholona a hoomana i ko lakou mau kupapau i poha.

‘A’ole hiki i ke kanaka "civilized" o kēia mau lā ke kī’i i ka hana ‘ino ke ola nei ke ao holo’oko’a i kēia manawa. ‘O ka lede "'olu’olu" a "'olu’olu" ka mea i maule maoli i ka ‘ike ‘ana i kekahi mau kulu koko ma ka maka o kahi keiki, waiho mālie ma luna o ka papa ‘aina i ka pu’uwai koko, ate a i ‘ole ka umauma o ke keiki hipa a ‘okī’okī i loko o nā ‘āpana. me ka no’ono’o ‘ole i ho’okahi hola ma mua o ka piha ‘ana o ka mea ‘ilihune i ke ola a me ka ikaika. Ina ua ike oia, mai kona wa kamalii mai, i ka pepehi ana i ke keiki me ka moa a me ke keikihipa, e lalau ana oia i ka pahi me ka manao ole, a me ka makau ole, me ka puuwai o ke keikihipa, e oki ka pu’uwai o kēlā pēpē, kuke a ‘ai. ‘O ka mea ‘oko’a wale nō, ‘o ka ma’a ‘ana o kona mau maka i kekahi, ‘a’ole i kekahi, a i ‘ole, ‘a’ole paha ‘o ia e kāhāhā i ka ‘ike ‘ana aku i ke koko o nā kino kanaka e kau ana ma nā hale kū’ai kī’ai, ma ka ‘ao’ao o nā kupapa’u o nā bipi. a me na hipa.

‘O ke kanaka i kēia manawa he mamao loa ia mai ka noho ‘ana

I ka wā e ho’omau ai ke kanaka i ka ‘ai ‘ana i ka mea’ai i kuke ‘ia, ‘a’ole hiki ke ola maoli a i ‘ole ka maluhia mau ma ka Honua. He ‘ai i mo’a ka mea e ho’oulu ai i nā kaua a me nā pepehi kanaka ma ka honua.

‘O ka ‘ai moa ka mea e hānau ai i nā alaka’i ‘ino a me nā dictator weliweli e like me Hitler, Lenin, Stalin a me nā mea ‘ē a’e a i ‘ole nā mea hana hewa ‘ino e like me Abdul Hamid a me Talaat a me kā lākou mau ukali, nāna i pepehi i ka hapalua o ka lehulehu maluhia o Armenia a ho’okele i kekahi. ka hapalua o ko lakou aina hanau kahiko, kahi a lakou i noho ai no na tausani makahiki, e hao ana a hao wale i ka lakou mau mea mahiai, ko lakou mau home,

nā kīhāpai, ko lākou mau mauna a me ko lākou mau awāwa, a laila ho'opa'i hilahila 'ole i mua o nā maka o ke ao holo'oko'a "civilized".

'Oiai ka ho'onui mau 'ana o ka hana 'ana i ke kulina, aia nō ka hapa nui o nā cereals a puni ka honua.

'Eholu kumu o kēia 'ano ku'una 'ē: 'O ka mea mua, ma ka ho'ohuli 'ana i ka berena 'ai holo'oko'a i berena ke'oke'o ma nā wahi a pau, ho'onele mākou iā ia i kona koena hope o ka waiwai waiwai. A laila, ma ke kōkua 'ana o ka ho'oulu 'ia 'ana o ka mea kanu, ho'onui mākou i ka nui o ka huahana ma ka lilo o kona maika'i. 'O ka mea hope loa, ke ulu wikiwiki nei ke kanaka wahahe'e i hiki 'ole i ka pi'i 'ana o ka mea'ai ke ho'okō i ka koi.

A ke ho'ohana 'ia nei ka hapa nui o nā 'āina mahi no ka hānai 'ana i nā holoholona holoholona o ka 'oihana 'i'o a me nā 'oihana waiu.

I ka 'ike mua 'ana, pa'akikī paha nā kāne ke no'ono'o i nā pōmaika'i nui e loa'a i ke kanaka mai ka 'ai maka.

Aneane hikiwawe loa e hoopau loa ia na ma'i a pau, a e nalo aku na mea hou a me na hewa mai ka ili aku o ka honua.

I ka manawa like, e pi'i a'e ana ka mana'olana o ke ola i 'elua a 'ekolu paha manawa a e pi'i ana ka holomua o ka ho'okele waiwai e like me ka nui e hiki 'ole ke hiki i ke kanaka no nā haneli mau makahiki, ke ho'omau 'ia ke kūlana o kēia manawa.

He 'oia'i'o kēia mau 'ōlelo a 'a'ole he mo'olelo, a 'o ka mea 'ē a'e, hiki ke loa'a i kēlā mau pono āpau ma ke ala ma'alahi. 'O kā mākou mea e hana ai, 'o ka mahalo i nā kānāwai kumu mua o ke 'ano a pale i ka luku 'ana i ka palaoa ola a me ka hui pū. Inā loa'a i kekahi ka mana'o no'ono'o e komo a 'ike i ka 'oko'a ma waena o ka palaoa ola a me ka berena i puhi 'ia, hiki i kekahi ke ho'omaopopo ma'alahi i ka 'oko'a ma waena o ke kino o ka mea 'ai maka a me ke 'ano o ka mea i kuke 'ia.
mea 'ai.

E nana kakou i ke ano o na alii o keia wa
honua a me nā mana kuleana 'ē a'e i kēia mau pilikia ko'iko'i. 'O nā
leka i loa'a mai iā lākou e hō'ike ana ua heluhelu lākou i ka'u puke mua me
ka hoihoi a ua 'ike lākou iā lākou iho i ke aloha nui i ko'u mau mana'o.
'A'ole au i lohe i ho'okahi leo kūwaho mai kēlā me kēia hapaha. Akā 'a'ole
lawa kēia. 'A'ole ka'u puke he puke hoihoi e heluhelu 'ia i ho'okahi manawa a
waiho 'ia. He leo ia e kūkākūkā 'ia ai nā pilikia ko'iko'i a ko'iko'i o ko kākou
honua. Pono e heluhelu hou ia, a e kaupaona pono i kela a me keia huaolelo
o ia olelo a noonoo no na hora.

He kuhi hewa paha ke hana 'ia e kēlā mau ali'i o ka honua i ka 'ai maka
ma ke 'ano he nīnau ma'amau hou a'e, e like me kā lākou mau pilikia
politika a me ka ho'okele waiwai, e waiho i nā "po'e loea" no ke a'o
hou 'ana a me ka no'ono'o 'ana. No nā kaukani makahiki he nui nā
ho'okolohua a me nā ha'awina, akā ua hā'ule maika'i lākou a pau. I kēia lā, 'o
ke kuleana koke o nā mana ke kuhikuhi i ka po'e e ho'opau i kēlā mau
ho'okolohua ho'opō'ino a ho'i hou i ko lākou 'ano ma'amau. I kēia lā,
'o kēlā me kēia kanaka no'ono'o he loea i ka ho'oholo 'ana i ka 'oko'a
ma waena o ka mea kūlohelohe a me ka mea 'ole, ka mea'ai ola a me nā
mea'ai ola 'ole me kā lākou mea hana a me nā mea i ho'ohaumia 'ia.

'A'ole hiki ke ma'alahi ka mea nāna e noho ali'i ma luna o nā miliona
noho alii maluna o ke kanaka hookahi, i kona kino iho.

'Elua wale nō kumu no ka hō'ole 'ana i nā lōina o ka 'ai maka:
makemake i ka no'ono'o ma'amau a me ka nele o ka mana makemake. 'A'ohe
kumu 'ekolu. 'O nā "kumu" 'ē a'e a pau, he mau 'ōlelo ho'opunipuni wale nō
ia e uhi ai i kēlā mau hemahema 'elua. 'A'ole pono ka po'e
ho'ohanohano iā lākou iho ma nā kūlana kuleana e hā'awi i kekahi i ka
mana'o he nele lākou i ka wiwo 'ole a me ka pololei kūpono.

'O ka po'e e ho'oma'ama'a ana i ka 'ai maka piha no 'elua a 'ekolu mau
mahina, 'a'ole lākou e 'ae e ho'i i ko lākou 'ano 'ano like 'ole o ke ola ma mua,
'oiai ke alaka'i 'ia lākou i ka wāwae o ka scaffold. 'O ke kanaka mālama i
kona kino a mahalo i kona olakino a maika'i

e hana nā keiki i kēlā "ho'okolohua" o 'elua a 'ekolu mau mahina me ke kānalua 'ole. 'O kēlā mau alaka'i i makemake i ka hau'oli a me ka pono o ko lākou po'e (inā loa'a kekahi) pono lākou e ho'omākaukau i ke ala no ka pōmaika'i o nā kānaka āpau ma o kā lākou mau hi'ohi'ona pono'i. 'O kēia kā lākou lawelawe 'oi aku ka maika'i a me ka hanohano i ke kanaka.

'A'ole ho'onui ka 'ōlelo 'ana i nā mea'ai i kuke 'ia, 'a'ole kūlohelohe a nā mea hana, 'a'ole e hā'awi i kahi kī'aha o ka mea'ai no kā mākou mau kelepona kūikawā. Eia kekahi, 'o nā lilo a me nā pilikia i hana 'ia e ho'olako iā lākou, 'a'ole ia he ho'opau wale 'ana, akā 'o ia ke kumu e luku loa ai i nā kino o ke kanaka a me ke kanaka pono'i. 'O ka 'ike i loa'a i nā mahina mua o ka 'ai maka e hō'ike maopopo i nā mea āpau i ka 'oia'io o kēia mau 'ōlelo. Pono e no'ono'o i kēia nīnau no kekahi manawa.

I nā makahiki i hala iho nei, ua nui ka 'ike ua loa'a mai nā kihi a pau o ka honua i nā holomua i loa'a ma ka 'ai maka. Hō'ike kēia 'ike he mau tausani o ka po'e 'ai maka i ho'opuehu 'ia a puni ka honua, ka nui o lākou i ho'ōla 'ia i nā ma'i ko'iko'i a ke alaka'i nei lākou i nā ola hau'oli loa. 'A'ole kēia po'e he po'e akamai a 'a'ole 'epekema; he mau kanaka na'auao a mo'omeheu wale nō lākou i hiki ke ho'omaopopo i nā kumu o ka 'ai maka ma ko lākou 'ike pono'i a me ka no'ono'o pono'i, a ua loa'a iā lākou ka wiwo 'ole e ho'oholo i ka mea e pono ai.

'O ka mea pō'ino, ua hālāwai ka ho'olaha 'ana o ka'u mau puke me nā pilikia ko'iko'i. 'O ka 'oia'io, 'a'ole ia ma mua o ka mana o ke kanaka ho'okahi e hā'awi i nā miliona o nā puke manuahi a puni ka honua. Ua noi au i kekahi mau mea ho'opuka ma 'Enelani a me 'Amelika, e kono ana iā lākou e ho'opuka hou i ka'u puke Pelekane mua ma ko lākou mau 'āina. Ua 'ae lākou a pau i ka hoihoi a me ka pono o ka puke, akā ua hō'ike i ko lākou mihi no ka hā'ule 'ole o ia puke i loko o ka laulā o kā lākou mau puke. Maika'i loa kēia, no ka mea, 'o kāna pa'i 'ana e hō'ailona i ka pau 'ana o kā lākou mau puke "dietetic" 'ē a'e, no ka mea, 'a'ohe mea i kama'āina i nā lōina o ka 'ai maka.

ua nānā iki iā lākou. 'A'ole hiki i nā po'e o kēia lā ke 'ike ma mua o ko lākou mau pono ponoʻī.

Ma keia ke noi aku nei au i na ahahui a pau, na hui philanthropic, na kokua aloha a me na kanaka kokua aloha o ka lehulehu ma ka honua holookoa no ko lakou kokua maikai ana. E hā'awi mai lākou ia'u i ke kōkua āpau e hiki ai iā lākou i ka ho'olaha 'ana i ka'u mau puke. Hiki iā lākou ke kauoha i iwakālua, kanalima a i 'ole haneli kope o ka'u mau puke a hā'awi aku iā lākou ma ko lākou mana'o ponoʻī, ma ke kū'ai aku 'ana a i 'ole ka hā'awi manuahi 'ana. Hiki i kēlā me kēia puke ke ho'ōla i nā ola, ho'ōla i ka po'e i nā ma'i ko'iko'i a wehe paha i ka mana'olana o ka wā e hiki mai ana no nā keiki. I kēia manawa 'a'ohe hana i 'oi aku ka waiwai o ke kanaka ma mua o kēlā.

Inā loa'a ia'u ka pōmaika'i o ia puke he 15 mau makahiki i hala, i kēia lā ka'u mau puke 'elua e ola ana na keiki aloha. Ma kekahi 'ao'ao, inā 'a'ole i ho'omālamalama 'ia ko'u no'ono'o ma kahi o 10 mau makahiki i hala, 'a'ole pono wau e ola i kēia manawa. Aia nā kānaka a pau o ka honua i ke kūlana like i kēia manawa a makemake nui lākou i kā mākou kōkua. Pono e ho'oma'ama'a iā lākou i nā kumu kūpono o ka mea'ai i ka wā hiki loa.

I kēia lā, 'ike wau me ko'u mau maka ponoʻī i ka ho'olilo 'ana o kekahi mau kino i ka nui o ke kālā no ka hā'awi 'ana i ka palaoa i ho'oma'ema'e 'ia, ke kō, ka waiū malo'o a me ka 'i'o mālama 'ia i ka po'e 'ilihune. Ma ka hā'awi 'ana i kēlā mau mea'ai kūlohelohe a me ka ho'oha'aha'a loa i nā kānaka, ua hana lākou me ka 'ike 'ole i ka hewa nui loa a uhaki i nā kānāwai o ke 'ano. E hana ana lākou i ka hana haipule loa, inā lākou e wehe i nā maka o kēlā po'e pō'ino a a'o iā lākou pehea e lilo ai i ka vegan.

No nā mea'ai a pau, 'ele'ele ke'oke'o a 'ele'ele ke'oke'o. He wā i mana'o 'ia he kū ka Honua, 'oiai ka lā a me nā hōkū e pō'ai ana. Ina i hoike mai kekahi i ka manao ku e, ua manaoia oia he pupule e ka poe ike pokole, no ka mea, i ko lakou mau maka iho, ua paa ka Honua ma kona wahi, a o ka nee ana o ka la ma ka lani.

‘O ka no’ono’o like nō ka mana’o i kēia lā. Mana’o ke kanaka i kona kino pono’i e "hō’ino" ka kukama iā ia, ‘oiai ‘o ka berena ke’oke’o i ho’omo’a pālūa ‘ia a me ka laiki i ho’oma’ama’a ma’alahi ‘ia, "ho’oponopono" i nā hana o ka ‘ōpū. Aole nae oia i ike, o ka hoohana ana i kela berena a me ka raiki ke kumu maoli o ka nawaliwali o kona opu; ‘o ka kukama ka mea’ai e ho’ōla iā ia i ka wā lō’ihi.

I kēia lā, ua mana’o nā kānaka a pau i ka wā e ‘ai ai ke kanaka a kakaikahi na papa o ka ai "nutritious" i kona pololi ana, e maona ana i na koi mau o kona kino. ‘A’ole na’e i ‘ike ka po’e ‘a’ole i lawe nā sela ma’amau o kēlā kanaka i kahi ‘ano mea’ai mai kēlā mau mea make a me nā mea hana, a ‘oiai ‘o ka piha ‘ana o ka ‘ōpū, e mau ana lākou i ka pōloli.

I kēia lā, mana’o’i’o nā kānaka a pau i mea e alaka’i ai i ke ola olakino e alaka’i ‘ia e nā helu ‘epekema like ‘ole o nā waiwai mea’ai o nā protein, nā huaora a me nā minela, i loa’a i nā ke’ena noi’i. ‘A’ole lākou i mana’o ‘o ka hapa nui o nā helu ‘oia’i’o he ho’opunipuni maoli a ho’opō’ino i ke ki’i maoli.

I kēia lā, i ka wā e ma’i ai kekahi, ua mana’o’i’o ‘o ia i kāna mau mea āpau ‘o ka hana ‘ana i mea e ho’ōla ai iā ia iho, ‘o ia ka loa’a ‘ana o kekahi mea make i kapa ‘ia he lā’au. ‘O ia ke kumu e ho’omaka koke ai ‘o ia e ‘imi i kēlā mea hana kupanaha. ‘A’ole na’e ‘o ia i ‘ike ‘o ka lā’au lapa’au ka mea kilokilo o kēia au mo’a ‘ai a ‘a’ole hiki i ka lā’au make ke hana i kekahi hana pono. ‘A’ole nō ho’i ‘o ia i ‘ike ‘o nā kumu ‘elua wale nō ke kumu o nā ma’i: ‘o ka pōloli mau o nā sela ma’amau no ka nele i nā mea’ai maoli, a me nā hopena pō’ino o nā mea’ai kūlohelohe, kuke ‘ia a me nā mea ‘ona ‘ē a’e; ‘a’ohe kumu ‘ekolu. No laila, ho’okahi wale nō ala kūpono e ho’oku’u ai iā mākou iho mai nā ma’i āpau i ho’okahi manawa no nā mea a pau. Pono mākou e hō’ole loa i nā mea’ai kūlohelohe a me nā lā’au lapa’au, a ho’okō i nā pono o kā mākou mau sela ma o ka mea’ai kūlohelohe (raw veganism) wale nō.

‘O nā lā’au lapa’au i mana’o mau ‘ia ‘o ia ka mea e ola ai nā ma’i, ‘o ia ke kumu o nā ma’i. ‘O ka mea ma’amau, ‘o ia

He hewa weliweli a pō'ino ka 'imi 'ana i nā waiwai ho'ōla i loko o kahi mea synthetic a i loko o kahi mea'ai ho'okahi. Eia nō na'e kēia kuhi hewa i hana 'ia e nā kākā no nā kenekulia i hala. 'A'ohe lā'au lapa'au ma kēia ao; aia wale nō nā kumu kūikawā e ho'oulu ai i nā ma'i, ma ka wehe 'ana i nā ma'i a pau e ho'opau 'ia. 'O ia mau mea he mea'ai mo'a a me nā lā'au 'awa'awa i kapa hewa 'ia nā lā'au lapa'au.

Ha'aheo loa ke kanaka o kēia mau lā i kona lāhui, akā 'a'ole mamao loa 'o ia mai ka na'auao maoli. 'A'ole pono ke ana 'ia ka mo'omeheu maoli ma o ka holomua 'enehana wale nō, akā, ma ka ho'omaika'i 'ana i ka no'ono'o a me ka 'uhane o ke kanaka, ka lanakila 'ana o nā hewa a me nā mea ho'ohui, a me ka ho'oku'u 'ia 'ana o ka na'auao kanaka mai ka mana'o. I mea e hō'olu'olu ai i kona makemake 'ole i ka mea'ai, ua puhi ke kanaka o kēia lā i ka 80 pakeneka o nā mea'ai ma'ema'e maoli i ke ahi a lawe mai i kāna luku pono'i ma ka hana 'ana i nā ma'i. I mea e mā'ona ai ko lākou mana'o pono'i a me ka ha'aheo, ua lūlū nā alii o nā lāhui i nā hua o ka inaina a me ka inaina i waena o nā kākā o ka honua a pepehi kekahi i kekahi. 'O nā 'elele o ka 'epekema, me ka ho'oku'u 'ana i nā mana'o a pau o ke aloha a me ke kanaka, ho'ohana pono 'ole i ka inoa kapu o ka 'epekema e ho'onui i ko lākou mau pono pono'i a i ka hana 'ana pēlā lākou e hao ai i nā kākā ma ke 'ano 'ino loa.

'O kekahi o nā hō'ike 'oi loa o ka na'aupō a me ka hope 'o ke kanaka "civilized" o kēia mau lā, 'o ia kona ho'okokoke 'ana i ka nīnau no ka ma'i kanesa. No nā makahiki he nui, ua 'imi 'o ia i ke kumu a me ka mālama 'ana i kahi pō'ino ko'iko'i i kekahi mau mea kemika kūikawā, a ke ho'omau nei 'o ia i kēlā 'imi na'aupō.

Ma kēia pili, ua hō'ike au i ka'u mau hō'ōia hiki 'ole ke ho'opa'a 'ia i nā mana he nui o ka honua i 'ehā makahiki i hala. I kēia lā, ho'ouna hou wau i kēlā mau hō'ōia, ma kahi 'ano kiko'i a ho'onui 'ia, i hō'ike 'ia e nā hi'ohi'ona pa'a. No ke aha i kū 'ole ai nā 'oihana like 'ole o ke olakino a me nā luna kuleana 'ē a'e? No ke aha e ho'omau ai nā kākā i ka luku weliweli 'ana i nā mea'ai maoli? No ke aha lākou

e ho'opiha i kā lākou mau puke, nūpepa a me nā puke pai me nā 'ōlelo kū'ē a me nā 'ōlelo hō'ino o nā huaora wahahe'e a me nā mea'ai kiko'i?
Auhea ka lunamano a me ka lokomaikai o ke kanaka? Aia i hea ka mea i kapa 'ia he civilization?

E hō'oiā'ī'o ka po'e e kama'ilio mau ana i ka mo'omeheu
'O lākou iho ua lawa ka maka'ala e ho'omaopopo i nā kānāwai ha'aha'a loa o ke 'ano a ho'omaopopo i ke 'ano o ka ho'oku'u 'ana i ke kanaka mai nā ma'i āpau, e pāpālua i ka mana'olana o ke ola, e pākolu a pahā paha ke kūlana o ke ola.

Ma kēia pili, ua hele mai kahi la'ana pō'ino o ka lawe wale 'ana i nā kuleana o nā mea 'ē a'e mai Los Angeles mamāo 'elua makahiki i hala. Ma hope o ka heluhelu 'ana i ka'u puke Pelekane mua, ua 'ai kekahi lede ma Kaleponi, 'o Mrs. H. Bulbeck, i ka 'ai maka.

Ma muli o ka mana'o kōkua kanaka o ka mana'o, kauoha 'o ia i 30 kope o ka puke a ho'oholo e ho'olaha i ka 'ōlelo maika'i ma waena o kāna mau hooaloa a me kona pilina. I kēia manawa, ua a'o 'o ia ua kākau kekahi kanaka i kapa 'ia 'o John Martin Reinecke i nā 'atikala e pili ana i nā waiwai "pono" o ka mea'ai maka ma ka "Let's Live" Magazine ma Los Angeles, ha'i 'o ia iā ia i kahi leka a hā'awi iā ia i kahi mo'olelo o kāna 'ano o ka mālama 'ana. a me ka ola hou ana mai o kana a me kana kane mai na mai a pau i loa ia laua.

Ma hope o ka heluhelu 'ana i ka'u mau puke, nui nā po'e ma'i ma ka honua holo'oko'a i 'ai i ka 'ai maka a ma muli o ka hopena ua ho'ōla 'ia lākou i nā ma'i ko'iko'i, mai ka ma'i po'o a me nā ma'i 'ōpū a hiki i ka ma'i cardiovascular a me ka ma'i kanesa. 'O nā po'e ma'i, 'a'ole i loa'a ka pōmaika'i no nā makahiki he nui mai ka 'ōlelo a'o a ka po'e "kauka'i" kī'eki'e loa, a 'o ka hapa nui o lākou i ho'oku'u 'ia mai nā halemai ma muli o nā hihia hope 'ole, ua loa'a hou ko lākou olakino i loko o kekahi mau mahina a hiki i kēia manawa. e hau'oli i nā pōmaika'i a pau o ke ola hana.

'O ka mea ha'alele i ka mea'ai i kuke 'ia a me nā mea 'awa'awa 'ē a'e, ua pale 'o ia i nā ma'i āpau a hiki iā ia ke nānā me ka hilina'i i ka wā kahiko 'ōma'oma'o o ke olakino a me ka ikaika, me ka 'ole o ka hō'ino mau o nā ma'i. Ma ka 'ao'ao a'e o kēia puke, 'ike ka mea heluhelu a

koho i nā leka he nui i loa'a ia'u i kēlā me kēia lā mai nā po'e ma'i ma mua e hopohopo nei e kōkua i nā po'e 'ē a'e ma ka ha'i 'ana i kā lākou 'ike. Ma keia manao i manao ai o Mrs. Bulbeck e palapala aku ia Mr. Reinecke.

'A'ole mālama kēlā keonimana i ko'u kuleana ma ka'u puke pono'i, kope i ka hua'ōlelo no ka 'ōlelo i kēlā me kēia o nā 'ōlelo 'eono i hā'awi 'ia ma ka uhi o ka'u puke! ho'okomo iā lākou i loko o nā pukana o Pepeluali a me 'Apelila, 1965 o ka "E ola kākou" 'O ka Magazine ma ke 'ano he 'atikala i kapa 'ia 'o "Adventures in Raw Foods", a laila hā'awi 'o ia e kū'ai aku i nā 'ike hou aku ma ke kumu kū'ai o \$5. Akā 'o ka mea 'oi loa o nā mea a pau, 'o ia ka 'oia'i'o i loko o kahi leka ho'omaka i hō'ōia 'ia e nā mea ho'oponopono o ka makasina aia kēlā mau mea i ka mea kākau o ka 'atikala! 'A'ole pono ka po'e e heluhelu i kahi puke e like me ka "E ola kākou" Magazine, e ola ana ma nā ho'olaha o nā huaora artificial a me nā ho'omākaukau "dietetic".

I kēia manawa no nā makahiki he 'umi, ua ha'alele wau i ka nohona pilikanaka a ua ho'onele wau ia'u iho i kēlā me kēia le'ale'a. Ua 'olu'olu loa au i ka pono o ko'u 'ohana a me a'u iho, akā, 'a'ole wau i kānalua no ka manawa pōkole e ho'olilo i ka'u mau waihona no ka ho'okō 'ana i nā ha'awina a me ka pa'i puke, 10,000 kope a'u i hā'awi manuahi 'ia i nā hui 'epekema. a me na kanaka ma na kihi a pau o ka honua. Ua hana au i kēia mau 'ālana i mea e hō'ike ai i ke ao holo'oko'a i ke ala 'oia'i'o i ke ola hau'oli a kūlohelohe, a i nā manawa āpau ua kū'ē au me ko'u pu'uwai a me ko'u 'uhane i ke kū'ai aku 'ana i kēlā mau 'ōlelo a'o no ke kālā.

Akā, i kēia lā 'o Mr. JM Reinecke, e ho'ohana maika'i ana i ka'u mau mana'o a me ka'u mau 'ōlelo a'oa'o, koi 'o ia i \$5 kālā e hō'ike i ka po'e pehea e 'ai ai. mea'ai maoli! 'O kēia, 'oia'i'o, 'o ka mea ho'opilikia loa o ka nīnau.

Eia nā unuhi mai nā 'atikala 'elua a Mr. Reinecke:

E OLA KAKOU

Pepeluali, 1965 :

NA HANA HANA MA NA MEEAI MAKANA NA JOHN MARTIN REINECKE

‘O ka mea ho’omaka a me ka mea ‘imi hua ‘Amelika

NA KULEANA A PAU E KA MEA KAKAU

Ma kēia pū‘ulu ‘atikala e hā‘awi ka mea kākau i kona mau mana‘o
e pili ana i nā ho‘okolohua pilikino, a me kāna mau ‘ike he nui i ka wā
e noho ana a me ke a‘o ‘ana i nā po‘e o nā pī‘i he nui -
‘O kā lākou ‘ai ‘ana i nā mea‘ai maka a me nā hua ola olakino. — Ed.

‘O ka ‘ai maka wale nō ka mea‘ai i lawe ‘ia e ke kanaka. ‘O ka ‘ai
‘ana i ka mea‘ai mo‘a, he ‘ano kūlohelohe ia e pono e ho‘opau ‘ia mai kēia
ao aku inā e loa‘a ke olakino maika‘i. He mau sela ola wale no ka ai kanaka,
no ka mea, o ka ai moa ke kumu nui o na mai kanaka a pau. ‘O ka ‘ai ‘ana
i ka mea‘ai maka e ho‘oku‘u i ke kanaka mai nā ma‘i āpau a ho‘olō‘ihi i ke
ola o ke kanaka i 140 mau makahiki a ‘oi a‘e.

‘O ka hewa loa o ka ho‘oma‘ama‘a ‘ana i ke keiki hānau hou i ka kuke
‘ana i ka mea‘ai, no ka mea, ‘o ia ka manawa e ho‘omaka ai kona mau pilikia
a pau (E nānā i ka uhi o ka‘u pa‘i mua "Ea‘i Raw). Pono e hō‘oia ka po‘e
biologists ua hewa ke ‘ano i ka hā‘awi ‘ole ‘ana iā mākou i nā mea‘ai i loko o
kahi ‘ano mo‘a. (Puka mua, p. 32). Ho‘owahāwahā ka pēpē ma‘amaui i ka ‘ono
o nā mea‘ai i kuke ‘ia, i ‘ike ‘ia he mea ‘ono wale nō i ka mea ‘ai mea‘ai mo‘a,
e like me ka ‘olu‘olu o ka opium i ka mea ‘ai lā‘au. (Puka mua, p. 33). ‘Ai ke ahi
kīhini a ho‘opau i ka 90 pakeneka o ka waiwai o ka mea‘ai maka maika‘i.
(Ka uhi o ka‘u puke mua).

‘Apelila, 1965:

I ka ‘ike mua ‘ana, ‘a‘ole hiki iā mākou ke ho‘oku‘u iā mākou iho mai nā
ma‘i āpau ma ka ‘ai ‘ana i ka mea‘ai maka maoli. Akā ‘o ka mea ‘oia‘i‘o, ‘o ka
"unbelievable" ma‘alahi e lilo i mea ‘oia‘i‘o i ho‘okō ‘ia ... (First edition, p. 45).

Pono nā mea olaola a me nā kauka e paipai i nā kānaka
e ai i na mea maoli; ‘a‘ole e ho‘oka‘awale i nā mea‘ai mea‘ai, akā e ‘ai mau
iā lākou e like me ka mea hiki i ko lākou ‘ano kaulike kūlohelohe a i ko
lākou ola ‘ana, kūlana maka. ‘A‘ole pono nā kauka a me nā mea olaola e
kama‘ilio e pili ana i ka pono o ka ho‘oka‘awale

nā mea'ai mea'ai pono'i, akā pono e ho'oikaika i ka pono
o nā mea'ai maka piha.

HOOLAHA POKOLE

Ma ka 'ōlelo ma'amau, hiki ke hō'ulu'ulu 'ia ka 'epekema holo'oko'a
o ka mea'ai i 'elua mau mana'o nui a lilo i mea hopohopo no nā kānaka āpau:

1. Pono ka mea'ai kanaka i nā pūnaewe ole maka ola.
'O kēlā mau mea'ai wale nō i loa'a i nā pūnaewe ole nā 'ano āpau
e pono ai e ho'okō i nā koi o ke kino kanaka.

2. Aia nā kino mea kanu ma'amau a koho 'ia ma ke 'ano.
'O nā kino mea'ai maika'i loa a maika'i loa ka maika'i o nā 'ano
hua'ai, nā lau 'ōma'oma'o, nā nati, nā cereals a me nā a'a.

I ka pōkole, loa'a i ke kanaka ke olakino maika'i loa ke 'ai
wale 'o ia i ka 'ai maka; ua ma'i 'o ia a hiki i kona 'ai 'ana i ka mea'ai
mo'a; a make 'o ia ke 'ai wale 'o ia ma ia 'ano 'ai. (Puka mua, p. 24).

'O ka leka ho'opau a ka Luna Ho'oponopono o ka Magazine:

Ma muli o ke ko'iko'i o nā hana, 'a'ole hiki iā Mr.
Reinecke e pane i nā leka. Ma ka loa'a 'ana o \$5, e ho'ouna 'o ia iā 'oe i kāna papa
kuhikuhi mea'ai maka i kēlā me kēia lā a me nā 'ano 'ai no 'Amelika Hui
Pū 'Ia a me Tropics me nā kuhikuhi piha. 'A'ole kēia ma ke 'ano puke. E
ho'ouna iā ... - Ed.

Ua ho'oikaika pinepine mākou i ka 'oia'i'o 'o nā hua'ai a
pau, nā mea kanu a me nā nati he mau mea'ai maika'i loa o ke
'ano ki'eki'e loa, me nā 'ano mea'ai like 'ole. No laila, 'a'ohe kumu
'epekema a i 'ole nā mea'ai no ka mea'ai maka. Hiki i ka mea
na'au'pō ke ho'olālā i kāna papahana mea'ai pono'i, alaka'i 'ia
e nā 'ōlelo a kona 'ai a me kona 'ono.

I ka loa ana mai o ka nupepa puka o Feberuari, ua kakau
au i ka Lunahooponopono, Mr.

‘Apelila 21, 1965:

Mr. Kay K. Thomas, 1133 N. Vermont Ave., Los Angeles, Calif.

E ka Haku,

Me ke kahaha ko'u heluhelu ana ma ka helu Feberuari o "E ola kakou" i ka moolelo na Mr. John Martin Reinecke i kapaia "Adventures in Raw Foods", kahi i kope ai ka mea kakau i na huaolelo no na huaolelo ma ka uhi o ka'u puke. "Ai-Raw", a ua hō'ike iā lākou e like me kāna 'ike pono'i. E 'olu'olu e ho'oponopono i kēia kuhi hewa 'ana i kāu pukana e hiki mai ana a e 'olu'olu e hana i nā hana e pale aku ai i kahi hanana like i ka wā e hiki mai ana.

‘O Arshavir Ter Hovannessian

‘O ka mea pō'ino, ma kahi o ho'okahi mahina ma hope mai, ua loa'a ia'u kēia pane maika'i 'ole, kahi i ho'oikaika 'ia ai e ho'oma'ema'e iā Mr. 'O ko Reinecke palapala hō'oi'a'i'o 'ole:

Mei 12, 1965 :

Arshavir Ter-Hovannessian Kakh Avenue 21, Alanui Peshan, Tehran, Peresia.

E ka Haku:

No kau leka o ka Ia 21 o Aperila, ua palapala aku makou ia Mr. John Martin Reinecke no ka wehewehe 'ana a 'o ia kāna i 'ōlelo mai ai iā mākou;

'Ua nānā au i ka 'atikala o Pepeluali o ka'u 'atikala a 'ike wau 'a'ole au i kope i kēlā me kēia hua'ōlelo i kekahi 'āpana o nā 'ōlelo a Mr. Ter Hovannessian. 'O ka'u mau 'ōlelo a pau e pili ana i nā mea'ai maka 'o ko'u mau mana'o pono'i a me nā 'ōlelo i hō'ilī'ili 'ia mai 25 mau makahiki o ka 'ike a me ke a'o 'ana. Inā ua 'ōlelo wau i kekahi mau 'ōlelo e like me kāna, a laila he coincident wale nō ia a 'a'ole i mana'o.

'Mana'o wau aia kekahi o nā 'ohi puke mea'ai maka loa o ka 'āina, a ma waena o lākou ua loa'a ia'u kahi kope o kāna puke li'ili'i.

Inā wau i kope mai ia mea, ua hā'awi wau iā ia i ka hō'ai'ē. Ke ho'omana'o nei au ua hā'awi 'ia kāna puke puke e kekahi hoaaloha ma kahi o ho'okahi makahiki i hala; a ua hoouna aku au ia Mr. Ter-Hovannessian he \$10 nana e hoouna mai ia'u i mau buke hou no ko'u mau hoa. Ma kahi o ho'okahi mahina i hala aku nei. A hiki i keia la, aole au i lohe mai ia Mr. Ter Hovannessian a me ke dala. Inā 'a'ole makemake 'o ia e ho'ouna mai i kāna mau puke, a laila pono 'o ia e ho'iho'i i ka'u kālā, no ka mea, 'o ka'u 'ōlelo wale nō ka lokomaika'i a me ka maika'i o ka ho'olaha 'ana i nā pono o nā mea'ai maka i ho'opakele i ko'u ola i 25 mau makahiki i hala.'

(kaulima) John Martin Reinecke "Ma lalo o nā kūlana a i loko 'ike i nā 'ōlelo a Mr. Reinecke 'a'ole 'o ia i kūpono i nā hua'ōlelo ma ka uhi o kāu puke, "Raw-Eating", 'a'ole mākou i hana hooponopono ma LET'S LIVE Magazine.

(kauinoa) KAY THOMAS, Lunahooponopono-Publisher.

I ka pane 'ana i kēia mau 'ōlelo ho'opa'apa'a ha'aha'a, ua ho'ouna aku au i kēia leka:

Mei 27, 1965 :

Mr. Kay Thomas, Lunahooponopono. E ka Haku:

Minamina wau i ka ha'i 'ana iā 'oe 'a'ole wau i mana'o i kāu pane o Mei 12 i ka'u leka o 'Apelila 21 he mea 'olu'olu.

Ua pa'a ia'u ke kuleana o kāu makasina no ka lawe hewa 'ana o Mr. Reinecke i ko'u mau mana'o a me ko'u mau 'ōlelo a'o a mālama i ke kuleana e koi aku i ka 'olu'olu.

Ke hoao nei oe e hoapono i ka hoopunipuni lehulehu i hanaia e Mr. Reinecke, nana Ke ho'omau nei ke kū'ai aku i ko'u mau mana'o i 'elima kālā i ka 'āpana. 'O ka'u ho'olaha 'o ia ka mana'o nui i kēlā mau 'aihue.

No ka \$10.00, ka mea a Mr. Reinecke i olelo ai i hoouna aku ai ia'u me kahi kauoha no nā puke, ke kala nei au i ka 'ōlelo 'ana 'a'ole i loa'a ia'u ke kālā a me ka leka mai ia.

ATERHOV

Ua ho'opau 'ia kēia leka i ka manawa i 'olu'olu ai 'o Mrs. Bulbeck i ho'ouna mai ia'u i ka helu 'Apelila o ka "E ola kākou" Magazine, kahi e like me ia i hō'ike 'ia ma luna nei, ua 'oi aku ka 'oi aku o nā hī'ohi'ona o ka ho'opono 'ole i ka palapala. Ke waiho nei au i ka mea heluhelu e ho'oholo inā he 'oko'a a me ka no'ono'o paha nā "like" ma waena o ka'u palapala me nā 'atikala a Mr. Reinecke.

'A'ole hiki i ka mea ho'oponopono ke ho'oluliluli i ke kuleana mai kona po'ohiwi, no ka mea ua kama'āina piha 'o ia i ka'u puke, i nānā 'ia i loko o kāna puke i kekahi mau mahina ma mua, 'oiai 'o Mr. Ho'opilikia wale 'o Reinecke i nā mea i nā kumu kumu 'ole a me nā ho'opī'i. No ka nīnau pili 'ole o nā 'umi kālā āna i 'ōlelo mai ai ua ho'ouna mai ia'u, ke koi nui nei au e 'ike i ka inoa o ka panakō a i 'ole ke 'ano o kona ho'ouna 'ana mai ia'u i ke kālā, 'a'ohe o'u 'ike.

Pono e holoi 'ia nā 'ōlelo a'o a pau o nā mea'ai kiko'i mai ka ili o ka honua. Pono ke kanaka e ho'omaopopo pono 'a'ole e hā'awi 'ia ka mea'ai mo'a i kekahi mea'ai a 'a'ole ia he KANAKA. Ma waho a'e o kēia, e 'ai kēlā me kēia kanaka i kāna makemake a ma nā 'ano āpau āna e makemake ai. He mea pili loa kēia i ka 'ono pākahi.

'O kā mākou "mea'ai mea'ai" ua huikau i ka lolo o ka po'e me nā papa inoa lō'ihi o nā mea'ai a me nā menus, i mana'o ai ka po'e he nui wau, no kēlā kaikunāne o "ka po'e akamai", a no laila ke kākau pinepine nei lākou ia'u e noi i kahi papahana o ka 'ai. mea'ai maoli. Maanei, makemake wau e lawe i ka manawa e hā'awi i ka pane hui iā lākou a pau.

Ma kēia hope aku, 'a'ole pono e loa'a hou kahi papahana dietetic kūikawā, nā mana'o a i 'ole nā papa manawa no kekahi. Pono ke kanaka e 'ai i kāna mea i mana'o ai, i nā manawa a pau e hiki ai iā ia a e like me ka makemake o kona makemake, e like me nā mea ola 'ē a'e a pau, mai ka 'anu'u a i ka elepani. loa'a iā lākou; Ho'ohālikelike i ka clover, hay,

nā lā'au mauna, nā lau lā'au a me nā kākalaioa o ka wao nahele me nā hua, nā hua'ai,
nā mea kanu a me nā hua'ai.

Hiki i ka mea 'ai maka ke 'ai i ho'okahi manawa a i 'ole 'umi paha i ka lā; hiki iā ia ke hānai
ma kekahi 'ano hua a i 'ole he haneri 'ano. Mai ka mana'o o ke olakino,
'a'ohe mea 'oko'a, no ka mea, 'o kēlā me kēia mea'ai mea'ai maka i lawe
'oko'a e hā'awi i ka mea'ai piha iā ia iho. 'A'ole pono e alaka'i 'ia ka mea 'ai
maka e nā papa inoa o nā 'ōlelo "'epekema" a i 'ole "dietetic", akā
ma nā koi o kona makemake a me kona 'ā'ī, e lilo mau i mau alaka'i hewa
'ole i ke koho 'ana i nā mea'ai kūlohelohe. 'O ke ala 'oi loa,
palekana a ma'alahi ho'i ka 'ai 'ana i kā mākou mea'ai ma ka moku'āina kahi
i ho'omākaukau ai a hō'ike mai ke 'ano iā mākou, ma ka 'oki wale 'ana ma
lalo o ko mākou mau niho. Akā inā loa'a ka manawa a me ka le'ale'a i
kekahi e ho'omākaukau i nā salakeke a me nā kī'aha hui 'ē a'e, pono 'o ia e 'ai ia mau
ma hope koke iho o ka ho'omākaukau 'ana, inā 'a'ole i ka wā e holo ai ke
kanaka i nā mea 'ai hou.

'A'ole pono nā kānaka e heluhelu hou i nā puke e pili ana i ka etiology
o kēlā me kēia ma'i, diagnostics, therapeutics, drug, vitamins, minerals,
proteins, hydrotherapy, electrotherapy a me nā kumuhana like 'ē a'e,
no ka mea, 'o nā ma'i āpau mai ke kumu ma'amau a ho'okahi ala ma'amau
o ka ho'ōla. .

Nui nā mea 'ai mea'ai, a me nā mea 'ai 'ole, ka po'e e ho'ā'o e 'ai a
'oi aku ka li'ili'i o nā hua ma mua o ka mea ma'amau i mana'o 'ia he po'e
'ai maka. 'A'ole na'e hiki i kekahi ke mana'o iā ia iho he mea 'ai maka ke 'ai
'o ia i ho'okahi mea'ai mo'a i ho'okahi mahina, no ka mea ma ia ala 'a'ole hiki
iā ia ke ho'oku'u loa iā ia iho mai ka ma'i. 'O kēia no ka mea i ka wā mua
o ka 'ai maka, hiki i kekahi helu o nā ma'i ma'i ke hā'uile i loko o kahi kūlana
dormancy a ho'olō'ihi i ko lākou noho 'ana ma ia kūlana no ka manawa
lō'ihi. Ho'okahi wale nō 'ai i ho'omo'a 'ia i ka mahina a laila lawa paha
e ho'ōla hou iā lākou a hā'awi iā lākou i ka manawa e ho'onui hou ai. I ka
wā e 'ai ai ka mea 'ai maka i kahi āpana o ka mea'ai i mo'a 'ia, hā'awi
'oia'i'o 'o ia i kēlā mau ma'i ma'i me ka mea'ai hou a hā'awi iā lākou i
kahi ola hou. No laila, inā 'a'ole hiki i kekahi ke ho'oku'u loa iā ia iho mai
ka 'ino o nā ma'i, pono 'o ia

e nana i ke kumu o kela mau hewa i kekahi manawa, aole ma kekahi hapaha. 'A'ole hiki ke 'ae 'ia i kēlā mau hemahema.

'O kekahi o nā ho'opa'apa'a kumu 'ole e kū'ē i ka 'ai maka piha, 'O ia ka mea i hiki mai ia'u i kekahi manawa mai kekahi mau 'āina 'ākau a 'oi aku ho'i mai 'Enelani, 'o ia ka 'oko'a o nā kūlana climatic. I ka wā e hiki ai i ke kanaka ke loa'a i kahi lima o ka palaoa maka, 'a'ole hiki ke nīnau i ka hemahema o nā mea'ai kūlohelohe ma kekahi 'āina. Ma waho a'e o ka mana'o 'a'ole hā'awi ka mea'ai i kuke 'ia i ka mea'ai lī'lī'i loa i ke kino o ke kanaka, pono e lawa nā mea'ai ma nā wahi āpau o ka honua inā mālama nā kānaka iā lākou iho a mālama i ke ola. Ma ka ho'opau 'ana i nā mea'ai mo'a mai kā mākou 'ai, 'a'ole mākou e hō'emi i kekahi mea mai ka waiwai o kā mākou mea'ai; akā, ho'oku'u mākou iā mākou iho mai nā mea 'awa'awa a me nā mea 'ino. 'O ka mana'o piha o kēia mau 'oia'i'o hiki ke mahalo wale 'ia e ka mea i hau'oli i ka pono o ka 'ai maka no kekahi mau makahiki. 'O kēlā mau 'ōlelo "epekema" a pau e ho'ā'o ai ka po'e olaola e hō'ike i ka mea'ai i kuke 'ia ma ke 'ano he mea'ai, he kuhi hewa 'ole a me ka ho'opunipuni lapuwale.

Ke kū nei nā mea, i kēia manawa aia kekahi mau 'āina kahi e pilikia ai ka po'e i ka "pōkole" o nā mea'ai a aia ma lalo o ka ho'oweliweli mau o ka pōloli, 'oia'i 'o ka 'ōlelo kūhelu wale nō ka mea e pono ai e ho'okō i ka hana mana lō'ihi o ka lawe 'ana mai i ka waiwai i ka honua. 'O ka mea pō'ino, 'a'ole i 'ike 'ia kēia 'ōlelo ma'alahi a ma'alahi ho'i 'o COOKING DEBASES NATURAL FOODSTUFFS a ho'ololi iā lākou i mea 'ino i nā wahi 'ē a'e, 'oia'i i ka makahiki 1963, ua lawe au i kēia 'oia'i'o hiki 'ole i ka mana'o o nā luna alaka'i a me nā pō'ai 'epekema o ka honua. He hō'ailona ko'iko'i kēia o ka hohonu hohonu o ke kanaka i kēia lā i ka na'aupō, ka mana'o ho'ohewa, nā superstitions a me nā mea ho'ohui. Ho'opili 'ia nā hua'ōlelo e like me ka civilization a me ka holomua i ka po'e me ka 'ole o nā mea a pau i 'ōlelo 'ia a kākau 'ia, hō'ole mau lākou i ka 'ae 'ana he hana kūlohelohe a pō'ino.

'Ōlelo lākou ua holomua nui nā mea olaola i ko lākou 'ike. Me he mea lā i ko lākou holomua 'ana, 'oi aku ka nui o ko lākou 'ike 'ana 'a'ole lākou 'ike 'ole. A i ko lakou hiki ana i ke kahua a lakou i ae wale aku ai e kua ana i ka naauao maoli o ko lakou ike pono, aole ia he mea liliu wale no, e hiki io no ke apono ia lakou ua ao maoli lakou i kekahi mea.

'A'ole ia i waena o kēlā mau mea olaola "i piha i ka 'ike a me ke a'o 'ana o kēia manawa" e 'ike ai mākou i nā patriarch hanohano i ola i 140 a 150 mau makahiki. Ke halawai nei makou me ia poe ma kahi mamao loa mai na keena a'o nui, ma ka poli o ke ano, kahi i pale iki ia lakou mai na pōino mai na laau a me na mea ai i hoemi loa ia. Pehea ka lō'ihī a me ka maika'i o ko lākou ola 'ana, inā i mālama 'ia lākou a hiki i ka ho'oha'aha'a 'ana i kēlā lākou 'ai i kēia manawa. 'O ka mea e hā'awi mai ia'u i ka pono a me ka wiwo 'ole e ho'okūkū i nā mana'o o kēia manawa o ka 'epekema lapa'au 'o ia ka 'oia'i'o 'o 100 PERCENT RAW EATING PTS AN IMMEDIATE END TO ALL DISEASELY RADICALLY AND SIMULTANEOUSLY. E hoao, a e maopopo ia oe.

'A'ole au e ho'onui i ko'u mana'o 'ana he po'e pepehi kanaka a he lawehala i kēlā me kēia po'e, ma ke 'ano ho'opunipuni a i 'ole nā mea 'ē a'e, pāpā i ka po'e ma'i a me ka po'e kīnā 'ole i kēlā lākou NATURAL NUTRIMENTS - nā mea kanu hou a me nā hua'ai - 'o ia wale nō ke ala e ho'ihō'i ai i ko lākou olakino nalowale. . Ma muli o ko lākou na'au'au 'ino, ua hana kēlā mau "'epekema a'o" i nā pepehi kanaka 'oi aku ka nui ma mua o Attila a i 'ole Hitler. Ma kēlā lākou mau 'ōlelo a'o lapuwale, pepehi lākou i nā miliona o ka po'e, i kēlā me kēia lā, me ka 'ole o ka hō'olu'olu a me ka ho'omaha 'ole. Ma waena o nā mea hewa like 'ole me ka 'ike 'ole, 'o ia nā mea hana a me nā mea ho'olaha i nā lā'au lapa'au, nā mea inu, ka paka, ka papahale i ho'oma'ema'e 'ia, ka berena, ka 'i'o, nā mea 'ono, ke kō, ke kī, kofe a me nā mea 'ē a'e e like me kēia. 'O kēlā me kēia hale hana e hana ana i nā mea kūlohelohe, degenerated i 'oi aku ka pō'ino i ke kanaka ma mua o nā pōkā atomika

Ke noi aku nei au i nā mea kōkua kanaka a pau e hana i ka mea hiki iā lākou ke kōkua ia'u e ho'olaha i kēia mau 'oia'i'o ma o ka 'ōlelo a me ka'u mau puke.

'O ka po'e 'ai maka i ho'ōla 'ia i ko lākou mau ma'i, aia lākou ma lalo o kahi kuleana kūikawā e waiho i nā kiko'i o ko lākou ola 'ana ma ka lima o ka pa'i a me nā luna kuleana āpau.

'O ka hope, na ka po'e nūpepa e ho'opuka i ka hō'ulu'ulu mana'o o ia mau 'ōlelo ma nā kolamu o kā lākou nūpepa, a koi e 'ike i ke kumu o ka ho'omau 'ana o nā luna i kā lākou hana lethargic.

MAHELE EKOLU

'O nā mea i loa'a i ka 'ai RAW

Nui ka po'e heluhelu e kākau mai ia'u i nā leka e nīnau mai ia'u e pili ana i nā holomua i loa'a ma ka 'ai maka. I mea e mā'ona ai ko lākou 'imi 'oli'oli e hā'awi iā lākou i kekahi 'ike pili.

Ho'okahi makahiki ma hope o ka pa'i 'ia 'ana o ka puke mua o ka'u 'Amenia hana i ka makahiki 1960, ua pa'i au i kahi puke pōkole ma ka 'ōlelo Peresia, kahi a'u i hā'awi aku ai i 4,000 kope manuahi ma waena o nā 'oihana like 'ole, nā mana a me ka pa'i. Ua hā'awi nā nūpepa a me nā nūpepa o Tehran i ka puke i kahi ho'okipa maika'i a ua kākau ka nui o lākou i nā loiloi lō'ihī e pili ana i kēlā pili.

Ua nānā nui 'ia ka puke ma nā pō'ai o ka 'Aha. 'O ka kāne a Her Highness Princess Shams Pahlavi, Mr. Mehrdad Pahlbod, i kēia manawa Kuhina no ka Culture, kono mai ia'u i kona hale a ha'i mai ia'u ua ho'ohanohano 'ia ka'u puke e ka mana'o o Shah (ke ali'i MohamadReza Pahlavi), nāna i a'o iā ia e hana hou aku. nā nīnau e pili ana i ke kumuhana. Ua hau'oli wau i ka ho'opa'a 'ana he 'eono a 'ehiku mau kūkākūkā 'ana me Mr. Pahlbod. 'O ke Kakauolelo Nui o ka Red Lion and Sun Society, 'o Dr. Abbas Naficy, a me ka Luna Ho'okele o ka Halemai Maternity 'o Khajenouri, 'o Dr. AbulGhasem Naficy,

a 'o kekahi mau loea ko'iko'i 'ē a'e i ho'omaika'i i ko'u mau mana'o a ho'ohiki ia'u i kā lākou hui 'ana.

Ua hā'awi 'ia nā 'ōlelo a'oa'o e hānai i kekahi mau keiki ma kekahi o nā hale makua 'ole ma ka 'ai maka. Eia kekahi, e lawe 'ia nā lōina o ka 'ai maka i ka mālama 'ana i nā ma'i ma kekahi o nā halemai o nā keiki a me ka ho'oponopono 'ana i ka 'ōnaehana mea'ai o kekahi o nā kahu hānai lā. 'O ka mea pō'ino, ma ka ho'oma'ama'a maoli, ua hālāwai au me nā pilikia like 'ole.

Ua hele koke au he alo a he alo me ka pū'ali koa nui o nā kauka a me nā luna ho'okae, a'u i ho'okomo i nā mana'o hou. 'A'ole kēia he hana ma'alahi. Ua ho'opane'e 'ia ka hana holo'oko'a a lilo wau i luhi a ha'alele i ka ho'ā'o me ka mihi nui.

Ua 'oi aku ka pō'ino o kēia hemahema, no ka mea, ua nānā au ma kahi kokoke i ke 'ano o ka 'ai 'ana i nā mea'ai kūlohelohe, ua mau ka nāwaliwali a me ka ma'i o nā pēpē i loko o nā kahu hānai, 'oiai i loko o nā hale ma'i ua hilina'i lākou i nā huaora artificial, nā lā'au 'awa'awa a me nā protein holoholona. hoopakele mai ka paa ana mai o ka make i kela mau keiki nawaliwali, wiwi, i nele i ka waiu makuahine a me na mea ai maoli, ua maloo ka waiu a me ka berena keokeo ko lakou mea nui. 'A'ole pono e ho'ohui, 'a'ole mana'o i hā'awi 'ia i ka pono o ka mea'ai kūlohelohe, kīnā 'ole.

Akā 'o kēlā mau pilina, a me ko'u hele 'ana i nā 'aha kūkā olakino, ua a'o mai ia'u i nā ha'awina ko'iko'i he nui. 'O ka mea mua a me ka mea nui, ua 'ike au 'oiai 'o nā mana'o i waiho 'ia e a'u, 'o ia nā kānāwai ha'aha'a a ma'alahi o ke 'ano, ua 'eli 'ia a ho'ohui 'ia e nā po'e wale nō i ho'okō 'ia ko lākou mau kula ki'eki'e me ke kū'oko'a o ka ho'okolokolo a me ke kū'oko'a o ka no'ono'o. 'A'ole hiki i ke kanaka no'ono'o ma'amau ke no'ono'o i ka hiki ke hiki i kahi kanaka ke ho'ololi i ka 'epekema lapa'au holo'oko'a o kēia mau lā a ho'ohālikelike i nā mana'o mea'ai i kēia manawa i ka honua 'epekema.

'O ia ke kumu i ho'oholo ai au e ho'opuka i kahi puke pōkole ma ka 'ōlelo Pelekania a e waiho i ka noonoo o na poai epekema a me ka politika kiekie loa. I ka lanakila 'ana i nā pilikia nui loa, ua hana au i nā hola he 16 o ka lā e kākau i ka puke, a ma hope iho ua unuhi au i ka 'ōlelo Pelekania a pa'i 'ia ma ka 'ōlelo Pelekane.

1963. A laila ua unuhi au i 3,000 mau 'ōlelo mai loko mai o nā puke 'ike like 'ole a ho'ouna aku ma kahi o 4,000 mau kope ho'omaika'i o ka puke i nā ali'i a pau o ka honua, a i nā kulanui, nā kikowaena 'epekema, nā hui honua, a me nā nūpepa alaka'i a me nā nūpepa nūpepa. Ua pūlima maoli au i ka hapa nui o nā puke a ho'opili i kahi leka i kēlā me kēia. Ua no'ono'o wau 'o ia ke ala wikiwiki a kūpono ho'i e ho'olaha i ko'u mau mana'o ma ka lō'ihī a me ka laula o ka honua.

Ua 'oi aku ka hopena ma mua o ka'u mau mana'o maika'i loa. He mau kaukani o na leta a me na nupepa i loa mai ia'u iloko o keia mau mahina e hiki mai ana, ua haalele mai ia'u me ke kanalua ole i ka heluhelu ia ana o ka'u buke me ka hoihoi e na luna nui a pau o ka honua nei, ka nui o lakou i hooiaio me ke kanalua ole i ka oiaio o ko'u mau manao.

I nā makahiki i hala iho nei, 'a'ole wau i pōina wale i ka'u mau hana pilikanaka, akā ua ha'alele loa wau i ka'u 'oihana pilikino i mea e hā'awi ai ia'u iho i ka'u mau puke i ke ao a me ka pō. Eia na'e, he mea kupanaha ke 'ōlelo 'ana, aia kekahi po'e e mana'o nei ua ha'alele wau i ko'u no'ono'o, no ka mea, ma mua o ka ho'onui 'ana i ka waiwai a me ka ho'olilo 'ana i ko'u manawa e 'ai ai, inu ai a le'ale'a, ho'olilo wau i ka'u mau waihona no ka ho'opuka 'ana i kekahi mau puke. , a'u e puunaue aku nei i na kanaka a pau me ka uku ole.

Akā, i ko'u mana'o, 'a'ohe mea le'ale'a i ke ola ma mua o ka 'olu'olu i loa'a mai ka lawelawe pono'i 'ole i ko mākou hoa. Kūkulu nā kānaka i nā hale pāla'i a hau'oli lākou i ko lākou 'ike. 'Ānō, 'o kēlā me kēia leka lehulehu o ka ho'omaika'i, ka mahalo a me ka mahalo i loa'a ia'u i kēlā me kēia lā mai nā kihi a pau o ke ao nei ka waiwai piha o kahi hale no'u. A i ka wā i loa'a mai ai ka leka mai ka mea i ho'ōla 'ia mai kahi ma'i ko'iko'i e ka'u 'ōlelo a'o a mana'o mai ia'u 'o kona mea ho'ōla, 'a'ohe palena a palena 'ole i ko'u hau'oli, 'o ia ka mea i ho'onui 'ia e ka mana'o ua pau kēia mau mea a pau. hana 'ia me ka uku 'ole 'ia.

Ua 'eha ko'u 'uhane i ke ao a me ka pō i ko'u 'ike 'ana i ka po'e e make ana ma nā wahi a pau ma muli o ka make i mana'o 'ole 'ia. Ke ike maopopo nei au, AOLE MAKE kela poe; PEPEHI na'aupō lākou iā lākou iho no ka pāpa'i o nā mea kūlohelohe a me nā mea hana

mea'ai. Ke kahe nei ko'u pu'uwai i ko'u 'ike 'ana i ka makuahine maka'u e kā'ilī ana i kāna keiki hala 'ole i nā hua maika'i loa a ho'olei i kona lima i ka berena make, ka waiū a me ka 'i'o.

Ma ka'u puke Pelekāne mua, ua ho'opā pōkole wau i nā mea āpau pilikia pili. Ma kēia puke, ua ho'onui au i kekahi o ka'u mau 'ōlelo ma mua a ua kama'ilio e pili ana i kekahi mau nīnau ko'iko'i ma kahi lō'ihi 'oi aku ka lō'ihi, e ho'omaopopo i ke kumuhana i ka lehulehu. Ma mua o ka lawe 'ana i ka puke i ka hopena, makemake wau e ho'oma'ama'a i ka mea heluhelu i ka ho'okipa i hā'awi 'ia i ka'u puke Pelekane mua, a me ka'u mau puke 'ē a'e.

He kope o ka'u leka i hā'awi 'ia i nā alii a me nā luna alaka'i 'ē a'e o ka honua

E 'olu'olu e ho'ohanohano ia'u ma ka 'ae 'ana i kahi kope ho'omaika'i o ka'u puke i kapa 'ia 'o "Raw-Eating". Ke lana nei ko'u mana'o e hiki iā 'oe ke hā'awi i kekahi o kāu mau hola makamae i ka heluhelu 'ana i ka puke.

Ma ka pili 'ana i ka mea'ai mo'a ma ke 'ano he mea'ai ma'amau o ke kanaka, ua hele makapō ke kanaka holo'oko'a i ke ala make i ka luku 'ana.

'O ka lawe 'ana i nā mana'o a me nā mana'o i wehewehe 'ia ma ka puke i mea e pomaikai nui ai ko oukou lahui.

He mau kope a me nā unuhi mai nā pane i loa'a:

Leta mai ka Mea Hanohano Mr. Amir Abbas Hoveyda, ke Kuhina Nui o Peresia.

Tehran, 18 'Okakopa, 1965

Mr. AT Hovanessian,

"Ua loa'a ia'u kāu leka a me ka puke āu i ho'ouna mai ai me ia. 'Oiai e mihi ana i ka 'oia'i'o ma muli o ke ko'iko'i o ka hana a hiki i kēia manawa 'a'ole hiki ia'u ke loa'a ka manawa le'ale'a e heluhelu ai i kāu puke, mahalo nui wau iā 'oe no ka hā'awi 'ana mai ia'u."

(Kakauinoaia) AMIR ABBAS HOVEYDA, Kuhina Nui.

'Amelika Hui Pū 'Ia, Iune 29, 1964.

Aloha Mr. Aterhov:

Ua loa'a mai kāu leka o Malaki 28, 1964, i ha'i 'ia iā Pelekikena Johnson ma ka Hale Pa'a, a me ke kope i ho'opa'a 'ia o kāu puke, 'RAW-EATING'.

Ua kauoha ia ka Embassy e hoike aku ia oe i ka Peresidena mahalo i kou no'ono'o 'ana i ka hā'awi 'ana iā ia i manawa e 'ike ai i kāu puke.

WALTER G. RAMSAY,

Kokua o na limahana i ka Ambassador, Tehran.

Windsor Castle, 27 'Apelila, 1964

E Mr. Aterhov,

Ua kauoha 'ia au e ka Mō'īwahine e ho'omaika'i iā 'oe no kāu leka iā The Prince of Wales, a no ke kope o ka puke au i kakau ai.

Ua mana'o ka Mō'ī i ka maika'i loa iā 'oe e ho'ouna aku i kēia puke i kāna keiki, a ke ho'ouna aku nei au iā 'oe i ka mahalo nui a ka Mō'īwahine.

MARY MORRISON, Windsor Castle, Lede-Kali, 'Enelani.

Parisa, 29 AVR. 1964

Monsieur,

Le General de Gaulle a bien regu la plaquette que vous lui avez aimablement adressee.

Monsieur le President de la Republique m'a chargé de vous remercier de l'intention qui a inspire cet anvoi.

(Signature) Kakauolelo Particulier.

Moscow, Iune 21, 1964.

E Mr. Aterhov,

Ke ho'omaika'i aku nei au i ka loa'a 'ana mai o kâu puke 'RAW FOOD KE KUMU O KA NUTRITION', a'u e noonoo nei me ka hoihoi.

S. KURASHOV, Kuhina Ola Ola, ussr.

Phnom-Penh, i ka 9 Janvier, 1965

Monsieur,

Je vous remercie sincerement de votre envoi de l'ouvrage 'RAW-EATING' dont vous etes l'auteur et vous felicite pour les recherches et les experiences que vous poursuivez sur l'alimentation.

E ho'oikaika 'oe, e Monsieur,
l'assurance de ma haute noonoo.

NORODOM SIHANOUK UPAYUVAREACH,

Chef de l' Etat du Cambodge.

Phnom-Penh, 11'" 'Aukake, 1964.

E Mr. Aterhov,

Me ka 'oli'oli nui ua loa'a ia'u kāu puke kupanaha i kapa 'ia
'A'I MAKANA'. 'O ka inoa o ka puke e hā'awi mai ia'u i ka 'ike hohonu e pili
ana i nā mea i loko.

Ma hope o ka heluhelu 'ana i ka puke, maopopo ia'u nā 'oia'i'o a pau āu i
kākau ai ma ka puke...

He waiwai nui ka puke ia'u. Ke mālama nei au iā 'oe i mea
ho'omana'o pōina 'ole.

'Ānō, e noi au i kou 'ae e unuhi i kēia puke i ka 'ōlelo Cambodia i mea
e pōmaika'i nui ai ko'u lāhui. Mana'o wau e ho'ololi hou kāu 'ike 'epekema hou
i ke ola o ke kanaka holo'oko'a.

CHUON NATH JOTANNANO,

Ka Luna Nui o na Moneka ma Cambodia.

Phnom-Penh, a me 25 Juillet, 1964.

Monsieur,

En accusant reception de votre manuel 'RAW-EATING' que vous
avez eu l'amabilite de me faire parvenir, j'ai l'honneur et le plaisir de vous
informer que ce livre m'a beaucoup interesse et je vous en remercie
vivement.

NORODOM KANTOL,

Le Peresidena du Conseil des Ministres, Royaume du Cambodge.

KA HALE KEOKEO, Iune 1, 1964.

E Mr. Aterhov,

Mahalo iā 'oe no ka ho'ouna 'ana mai ia'u i kope o kāu puke hou. Ke nānā nei au

i mua i kekahi mau hola ka'awale ke loa'a ia'u kahi manawa e heluhelu ai i loko kekahi kiko'i.

RICHARD W. REUTER, Kokua Kuikawa i ka Peresidena a me ka Luna

Hooponopono, Food For Peace, U.S.

Luxembourg, Mei 13, 1964.

E ka Haku,

Ke makemake nei ko lakou mau Alii Nui ke Alii Nui a me ka Hooilina, Grand-Duke o Luxembourg, e hoike aku i ka loa'a ana mai o kau palapala maikai o ka Ia 23 o Maraki 1964, i hoouna aku ai oe ia lakou i kau puke 'Ai Maka'u.

Ua hau'oli loa ko lākou mau Ali'i i kēia mana'o lokomaika'i a kauoha mai ia'u e ho'ouna aku iā 'oe. Mahalo nui loa. E heluhelu lākou i kāu puke me ka hoihoi nui.

Mekia Germain FRANTZ, Aide-de-Camp.

Taiwan, 'Aukake 18, 1964.

E Mr. Hovannessian,

Ua heluhelu au me ka hoihoi i kau palapala o Mei 12 me ka i ho'opa'a 'ia ma ka 'Raw- Eating'. He 'ōlelo paipai mana'o nui āu i hana ai no ke kanaka holo'oko'a, a ke mana'o nei au he pono ke nānā pono 'ia e ka po'e e pili ana i ke olakino o mākou a me nā hanauna e hiki mai ana. E 'olu'olu e 'ae i ka'u mahalo nui no kou no'ono'o 'ana i ka ho'ouna 'ana mai ia'u i kēia puke.

CHEN CHENG, Kuhina Nui o ka Repubalika o Kina.

Teherana, ma ka la 18 o Okatoba, 1964.

Cher Monsieur,

L'Ambassade de la RSF de Yougoslavie a l'honneur de vous informer d'avoir reçu une lettre du Secretariat General de la President de la RSF de Yougoslavie par laquelle est confirmée la reception du livre RAW-EATING' dont vous avez eut l' ka 'elele a ka Pelekikena Tito.

Le Secretariat General vous remercie cordialement, au nom du Pelekikena Tito, pour votre aimable envoi.

VLADIMIR MILOVANOVIC, Conseiller.

Hale Ho'okele, Lādana, 29 'Apelila, 1964.

E Mr. Hovannessian,

Ua lokomaika'i 'oe i ka ho'ouna 'ana mai ia'u i kope ho'omaika'i o kōu puke 'RAW-EATING', e lawe au i ka manawa mua e a'o ai i nā loina mea'ai āu e kau nei.

AL WILLIAMS, Kakauolelo Nui,

KA HANA HANA

Wasinetona, Mei 15, 1964.

E Mr. Aterhov,

Mahalo iā 'oe no ke kope o kāu puke, Raw-Eating', i loa'a ia'u. Ua 'ike 'ia nā mea i loko, a mahalo wau i kou no'ono'o 'ana i ka ho'ouna 'ana.

JOHN M. BAILEY, Lunahoomalu, KOMITE LAHUI DEMOCRATIC.

Berne, 26 Feberuari, 1964.

E ka Haku,

Ho'omaika'i mākou i ka loa'a 'ana mai a makemake mākou e ho'omaika'i iā 'oe no ke kope o kāu puke i kapa 'ia:

'Ai 'Ai 'Ai (a general survey). Pono nā kānaka a pau e ho'omaopopo i nā mea waiwai o kona kino,' a mākou i heluhelu ai me ka hoihoi.
Me kā mākou mahalo,

HANA OLA LEHULEHU SWISS FEDERAL,

'O ke po'o o ka mālama 'ana i nā mea'ai, RUFFI.

Port-au-Prince, ma Iulai 16, 1964.

E Mr. Aterhov,

Mahalo nui iā 'oe no kāu puke i kapa 'ia 'o 'Raw-Eating'. E heluhelu 'ia kēia puke mai ka mua a i ka uhi no ka mea ua ho'oponopono 'o ia i kahi pilikia e pono ai ko'u 'āina ākea.

Mana'o wau e ho'okō kāu 'ōlelo a'oa'o i loko o ka puke
nā koi o nā mea a pau a 'o ia ka mea kū'ai maika'i loa i kēia makahiki.

OIHANA DE LA SANTE PUBLIQUE ET

DE LA POPULATION, GERARD PHILIPPEAUX, KAKAUKAUKAU O

STATE,

Republique d'Haiii.

Berlin, Iune 4, 1964.

E Mr. Aterhov,

Ke hoike aku nei ka Peresidena o ka Repubalika Demokarata Geremania, Walter Ulbricht, i kona mahalo nui no ka buke au i hoouna aku ai iaia.

E like me ka mea ma'amau, hiki ke ho'ohewa 'ia kâu mau 'ōlelo - ka nui o ia 'oia'i'o, 'oi aku ka nui o ka mana'o o ke kauka: ke kauka, ka mea 'epekema mea'ai, a pēlā aku.

O ke Aupuni o ka Repubalika Demokarata Geremania, a me ke Kuhina Ola, ke nana nui i keia ninau. I mea e hana ai i ke 'ano ola olakino, ua ho'okumu 'ia kahi kōmike ma 'ane'i i kēia mau lā, 'o kekahi o kāna mau mea 'o ka ho'olaha 'ana i nā kumu kūpono o ka mea'ai.

HUTH, Kuhina Nui, Chancellery of State.

La Habana, 24 o ka makahiki 1964.

Kuhikuhi kauka:

Acuso recibo de su amable envio del libro 'Raw-Eating', gentileza que aprecio muy sinceramente y espero disfrutar de su lectura y recoger del mismo, las ideas y orientaciones valiosas que su experiencia en este material nos trasmite por intermedio de su lectura.

Kauka JOSE R. MACHADO ' VENTURA, MINISTRO-DE SALUD
PUBLICA, Cuba.

La Paz (Bolivia), Iulai 10, 1964.

Mahalo nui iā 'oe no ke kope ho'omaika'i o kāmā puke ma 'Raw Eating'.
'A'ole au i heluhelu a pau, a hele wale i kekahi mau mokuna. 'O nā mana'o
āu e hō'ike ai i loko o ia mau mea he mea ho'onāukiuki 'oia he
ho'opa'apa'a. 'A'ole wau i hiki i kēia manawa ke ha'i aku iā lākou, akā
makemake wau e ha'i aku iā 'oe i ka loa'a 'ana o kāmā puke a me ka
hoihoi i ho'āla 'ia ia'u.

Kauka GUILLERMO JAUREGUI G. Kuhina o ke Ola Aupuni.

Beograd, 20 'Apelila, 1964.

Mahalo kēia iā 'oe no ka ho'ouna 'ana mai ia'u i ke kope ho'omaika'i
o kāmā puke i kapa 'ia 'o 'RAW-EATING', 'oia'i'o e ho'āla i ka hoihoi nui o ka
po'e e hopohopo nei i nā pilikia o ka 'ai kūpono.

MOMA MARKOVICH , Kakauolelo Pekelala no ke Ola a me ka
Pilikanaka.

Ua loa mai na leta paipai a me ka mahalo
mai kēia mau 'ano pilikino:

Ka Moiwahine o Holani; ka Moi o Denemaka; ka Moi o
Kuekene; ka Moi o Belegiuma; 'O Antonio Segni, Pelekikena o ka
Repubalika o Italia; Adolf Scharf, Peresidena o Auseturia; 'O Fransico
Orllch, Pelekikena o Costa Rica; S. Radhakrishnan, Peresidena o Inia; de
Lisle, Kiaaina Nui o Australia; 'O Urho Kekkonen, Pelekikena o Finland;
Eamon de Valera, Peresidena o Irelani; P. Van de Calseyde, MD
Luna Ho'okele o ka World Health Organization, Copenhagen, Denmark;
Miss la Marsh, Kuhina o ka Lahui Ola a me ka Welfare, Kanada; CH.
Sapira, Kuhina Kalaiaina, Israel; Alfonso Ponce Archila, Kuhina Ola,
Guatemala; 'O Abbebe Retta, Kuhina no ke Ola Ola, 'Aitiopa;
Yuichi Saito, Luna Kūkākūkā Nui, Kuhina Ola a me

Aloha, Tokyo; Shri Mohanlal Vyas, Kuhina Ola a me Limahana, Gujarat, India; MacEntee, Kuhina Ola, 'Ilelani; Marga AM Klompe, Kuhina Ola, Holani; 'O Giorgio Borg Olivier, Kuhina Nui o Malta; 'O Gudrun Sanz Iāua 'o Elsie Waerndt, Nobel Foundation, Suedena; J. Grimond, Leater o ka aoao Liberal Ladana; Pierre Werner, Kuhina Nui o Luxembourg; Sean F Lemass, Kuhina Nui o Irelani; Robert G. Menzies, Kuhina Nui o Australia; Mehdi Nawaz Jung, Kiaaina o Gujarat, India; Maharaja Shri Jaya Chamaraja Wadiyar Bahadur, Kiaaina o Madras, India; SK Patil, Kuhina o ka Mea'ai a me ka Mahi'ai, India; PC Sen, Kuhina Nui o West Bengal, India; William Gopallawa, Kiaaina Nui o Ceylon; Lester Pearson, Kuhina Nui o Kanada; Sampurnanand, Kiaaina o Rajasthan, Inia; Shri Partap Singh Kairon, Kuhina Nui o Punjab, India; 'O Robert Fraser, Mana Kū'oko'a Television, Lākana: Mr.

Sarnoff, Peresidena, Hui Hoolaha Lahui, Nu Ioka, a pela aku ma...

Ua ho'ouna 'ia nā leka i nā 'āina he nui akā e like me kāu e 'ike ai, ua ho'ouna 'ia kekahi o nā leka i nā po'e kālai'āina o nā 'āina nāwaliwali me ka nui o ka pōloli a me ka 'ilihune a me nā pilikia 'ē a'e ma muli o kā lākou mau kulekele ho'opunipuni, weliweli a kū'ē i ke kū'oko'a, no laila inā e ho'ololi lākou i ko lākou ala. a kōkua i ko lākou po'e a laila hiki iā lākou ke lilo i lāhui waiwai a maluhia. He kī nui ka Raw Veganism iā lākou inā ho'ololi lākou i ko lākou ala.

Ua pa'i 'ia ka ho'olaha ma lalo nei ma ka hui mana o ka Vegan Society, Great Britain (September 1964): "'O ka make 'ino o kāna keikikāne 10 makahiki a me kāna kaikamahine 14 makahiki ma muli o kāna mea i 'ike ai he mea'ai kūlohelohe 'ole. hana 'o Arshavir Ter Hovannessian i kahi noi'i hohonu o ka mea'ai - 'o ka hopena ma ka 'RAW-EATING', kahi puke (7/2d) hau'oli mākou i ka loa'a 'ana mai Tehran.

Ma ke 'ano 'oia'i'o, ho'opau 'o ia i kā mākou mau mana'o i mana'o mua 'ia e pili ana i ka mea'ai, a me nā vegans, me kā lākou mau mea'ai mo'a, hiki ke ha'alulu iki.

'A'ohe mea lapuwale e pili ana i nā huaora synthetic a ma muli paha o kona mālama pono 'ana i ka mea'ai maka ua hō'ike paha 'o ia i ke ala a puni ka bogey o ka huaora B12 a me nā huaora 'pono' 'ē a'e.

'A'ole hiki iā mākou ke hā'awi i kāna mau ho'opa'apa'a, akā i kāna kaikamahine, 'eono makahiki 'O Anahit, ka mea 'a'ole i 'ai i ho'okahi 'āpana o ka mea'ai i kuke 'ia a i hō'ino 'ia paha i kona ola, 'o ia ka mea e hō'oiā'ī'o ai i ka maika'i o ka mea'ai āna i ulu ai, a mākou e 'ōlelo nei ma ane'i ... "

A laila, pa'i lākou i ka appendix i hā'awi 'ia ma ka hope o ka puke, a me ke ki'i o Anahit.

Wilmslow, 20 'Apelila, 1964:

Mahalo nui iā 'oe no kou lokomaika'i i ka ho'ouna 'ana i kope o Raw-Eating'. Ua maopopo ia'u he maika'i ka mana'o a 'ike mākou i nā 'ano ho'oponopono nui o ka mea'ai maka.

Inā makemake 'oe e ho'ouna mai ia'u i ki'i o kāu kaikamahine aloha 'o Anahit (e like me ka uhi hope), 'oli'oli wau e pa'i 'ia ma THE BRITISH VEGETARIAN ma hope o kēia makahiki me ka mea ho'ohui mai kāu puke.

GEOFFREY L. RUDD, Kakauolelo & Lunahooponopono, THE
VEGETARIAN SOCIETY

Geoffrey L. Rudd, Bank Square, Wilmslow, Cheshire, 'Enelani.

Malaga, Mei 28, 1965.

E ka makamaka,

E 'olu'olu e ho'ouna mai iā mākou i ho'okahi kakini kope o kāu puke maika'i loa ma 'Raw-Eating'. E ho'ouna koke mākou i ka ho'ouna 'ana i ka bila, ma nā kumukū'ai kū'ai hou. E hana mākou i kahi huaka'i a'o ma 'Enelani a me Wales i kēia Autumn, a ke mana'o nei mākou e ho'ohana i ka puke i mea e pono ai ma laila.

H. JAY DINSHAH, Peresidena, KA AHAHUI VEGAN AMERIKA, H.Jay
Dinshah, Pres. Malaga, New Jersey, USA

Ua hookomo ke keiki a Kauka Bircher-Benner, Kauka Ralph Bircher, i a
'Eono 'ao'ao alaka'i 'atikala ma DER WENDEPUNKT, ke kino o ka
Bircher-Benner Clinic ma Zurich (Mei, 1964), ma lalo o ka inoa o "Alles-oder-
nichts-Lehren fiber Ernährung" (All or Nothing-Doctrine of
Nutrition), hiki ke hō'ulu'ulu 'ia penei:

"Ma nā kihi 'elua o ka honua, 'elua kū'ē kū'ē
ua waiho 'ia nā 'ōlelo a'oa'o o ka mea'ai. Ma Kaleponi, ua hana
kekahi mea ho'okolohua i kapa 'ia 'o Wirnitz i kahi pauka mea'ai
'ono 'ole mai ka hui 'ana o 48 mau kemika. Me kēia 'mea'ai' hana, hana 'o ia
i nā ho'okolohua ma luna o 18 mau mea ho'opa'i, a me ka kali 'ole i ka
hopena, ua wehe koke 'o ia i ka mana'o i ka po'e nūpepa. Ma kekahi
'ao'ao, aia ma kā mākou papa loiloi he puke li'ilili me ke a'o 'ana e pili ana i
ka mea'ai, e hō'ike ana i kahi 'ano 'All-or Nothing': Aterhov/Raw-Eating. 'O ka
'ōlelo Pelekania maika'i loa a he hō'ulu'ulu o 'elua mau puke Armenian nui.

'Ike kekahi i ke alo o ke keiki o ka mo'omeheu ki'eki'e kahiko o Aryana. Me
ka hilina'i 'ole iā ia iho ... ua hō'ike 'o ia i ka mea'ai mea'ai ma'ema'e ma ke
'ano he mea'ai maoli a 'o ia wale nō ka mea'ai kūpono no ke kanaka, a
i ko mākou mau makahiki 'imi ku'ikahi, hana 'o ia i kēia me ke 'ano hou,
downright superhuman absoluteness i nā mea āpau. e uku no ka unuhi 'ana
i kēlā puke li'ilili i ka 'ōlelo Kelemānia."

Ma hope o ka hō'ulu'ulu 'ana i nā mana'o ko'iko'i o ko'u mau mana'o,
ha'i ka mea kākau i kekahi mau 'ike 'epekema e 'ōlelo nei no'u;

"He kanahā mau makahiki i hala aku nei ua no'ono'o 'o Walter Sommer
i ke kumu i hele 'ole ai 'o Bircher-Benner i kona mana'o e ha'i i ka mea'ai
maka ka mea'ai wale nō no ke kanaka. No ka makemake o Aterhov 'o
ia ka mea e like me nā noi'i hou loa (Reader's Digest, Ianuali, 1964)

ua ola maoli ke kanaka ma (kokoke maemae) mea'ai mea'ai maka no ho'okahi miliona a me ka hapa makahiki a no laila, mana'o paha kekahi, ua loa'a iā ia kona ulu kūlohelohe ki'eki'e. Ma ke aloha o Aterhov ka 'ike nui 'ana o ka nele o ke kaulike ma waena o nā mea'ai a me nā huaora, ka 'ho'oulu i ka pōloli', ka 'manawa o ka latency (Dammerungszone) i ke olakino ma'i', ke kuleana o ka 'terrain' i nā ma'i infectious, 'O ka ho'okele waiwai nui i ka metabolism i ka wā o ka mea'ai mea'ai hou, ke kūlana ki'eki'e o nā protein mea kanu, 'oi aku ka maika'i o ka mea'ai maka, ka pono o nā mea'ai, 'a'ole pono e huhū, a me ka mana'o o ia mea'ai i ka wā o ka nele o ka honua. "

Wahi a ka mea loiloi, nalu nā kāne ma waena o kēlā mau pou ko'iko'i 'elua. I kona mana'o, pono paha ia "'a'ole e ho'omaha ma waena." A 'ōlelo 'o ia i ka mea heluhelu e kū kokoke loa iā Aterhov ma mua o Wirnitz.

Ashingdon, Rochford, Pepeluali 28, 1964.

E ka Haku,

Mahalo iā 'oe no ka 'ike 'ana i kāu puke Raw-Eating'. Inā 'ike 'oe i kā mākou papa inoa o nā pa'i puke e 'ike 'oe ua 'ae like mākou me kāu kumu kumu. Aloha nui mākou i kou mana'o a 'a'ole hiki ke 'ae 'ia, ma ka mālamalama o nā hana a kēia Hui, e 'ae me kāu 'ike.

Makemake mākou i kāu ho'okokoke 'ana i ke kumuhana o ka mea'ai no nā keiki. He nui loa maikai maoli. He 'oia'i'o e loa'a i ke keiki 'ōpio kona 'ono kūlohelohe no nā hua maka i ho'ohuli 'ia i ka makemake i nā mea'ai mo'a. A ke mahalo nei makou i kou malama pono ana i kou kumuhana, no ka mea, iloko o na aoao he 53, ua lawe io mai oe i na olelo hoopaapaa a pau e pili ana, ina no ka manao o ke ola kino, a i ole ia, o ka lanakila ana a/ a o ka pale ana i ka mai, a me ka lawe ana. e noonoo i ka

nā hopena olakino a me ka ho'okele waiwai, 'oiai e pili ana i ka hopena etika no ka honua holo'oko'a.

... 'O ka mea pō'ino, 'a'ole loa'a i nā mea kōkua i ke kanaka ka ho'omaika'i 'ana a me nā uku (mea waiwai) ke 'ole lākou e hana ma o 'ka ho'okumu 'ana.' Inā 'a'ole, he aha ka mea hiki 'ole ke hana me ka hapa'umi o nā haneli haneli o nā paona i hā'awi 'ia no ka 'noi'i' e nā 'epékema e huki pinepine wale i nā blanks ma hope o kekahi manawa, 'oiai inā 'a'ole i hana 'ino nā hopena.

KA CW DANIEL COMPANY LIMITED Ashingdon, Rochford, Essex,
'Enelani.

Mekiko, DF 'Apelila 23, 1964.

Dear Mr. Hovannessian:

Ua loa'a iā mākou kāu puke RAW-EATING' a ma kahi wale nō
'Ike aku, 'ike wau he mea hoihoi loa ia a ke hana nei 'oe i kahi hana maika'i e
ho'ā'o nei e hō'oiā'io i ka po'e 'o ka mea maika'i loa o nā mea āpau ke hahai i ke
'ano me ka 'ole o nā ho'ololi lapuwale a ke kanaka i hana ai me ia.

'O Ing. CARLCS PRIETO LOSANO. Luna Nui. INTER - AMERICAN
ASSN. NO KA HANA SANITARY, Alfonso Herrera, 11-103, Mekiko 4, DF

Hale Hoaloha, Aperila 13, 1964.

Ua hele mai kāu puke e pili ana i ka Raw-Eating' i ka 'Aha Hoaloha Ho'ona'auao a
ua hoihoi au e heluhelu. E ho'ouna ana wau i ka Hale Waihona Puke o nā Hoa Vegetarian
Society, kahi a'u i mana'o ai he mea pono ia i nā po'e 'ē a'e.
Mahalo iā 'oe no ka hana maika'i āu e hana nei ma kāu kākau 'ana a me ka noho 'ana i
kēia ala ma'alahi me nā mea'ai kūlohelohe maka. Me he mea lā ia'u he hō'ailona o ka
mana'olana no ka hānai honua a me ka maluhia ma ka honua. Ke manaoio nei au

pono e ho'oikaika iā mākou i ka mālamalama uhane. I kēia manawa he 'vegan' au (mea kanu, 'a'ole lawe i nā hua manu, waiu, meli a me nā mea 'ē a'e), no laila ke mahalo nei au i kāu mau mana'o, a ke mahalo nei au i ka nui o nā po'e e hele mai e 'ike i kēia ma ke 'ano he ala kūpono o ka noho 'ana. Aia i kēia manawa nā hui like 'ole, nā mea kōkua kanaka i mea 'ai mea'ai a aloha maluhia, a pono e kōkua kēia i ka hui honua.

QUEENIE DAWES, Hale Hoaloha, Euston Rd. Lādana, NWI

Israel, 22 o Ianuali, 1965.

E ka Haku,

Ma hope o ka heluhelu 'ana i kāu puke Raw-Eating', makemake mākou e heluhelu i kāu mau puke 'ē a'e ma ka 'ōlelo Pelekania... Inā e no'ono'o a ho'omaopopo ka po'e hiki iā lākou ke olakino a hau'oli me ka 'ole o nā 'ōpala a pau a lākou e lawe nei i loko o ko lākou kino! He kāula 'oe o ko mākou manawa.

M. NEZAH, Kauka No Naturopathy, Pres. Israel Naturopathic assn.
Neza Estate, Mishmar Hashiva, 'Isera'ela.

E ka Haku:

Ua heluhelu au i kāu puke Raw-Eating' a makemake nui au iā ia. He mea hoihoi loa ia ma nā 'ano a pau, no ka mea, pono e 'ai 'ia ka mea'ai e like me ka mea e ho'ohua ai.

Ua like kāu mau kumu kumu me nā mea a'u i kāko'o ai i ka'u mau puke a me ka'u mau palapala, i ka wā kahiko loa... Makemake au e unuhi i ka 'ōlelo Paniolo, inā 'ae 'oe i ka mana'o. Inā 'a'ole 'oe mana'o, e 'olu'olu e ho'ouna mai ia'u i kope no'u iho. Ke hana nei au i ka loiloi 'ana no ka makasina Spanish: Bionomia, i pa'i 'ia ma Madrid, Sepania...

A. Severon, Kauka o Naturopathy, Colunga, La Riera, Sepania.

Boston, Iulai 5, 1966.

Aloha mai e Mr. Aterhov:

Ho'opili 'ia e loa'a iā 'oe he 'umi kālā no 'ehiku o kāmā mau puke i kapa 'ia 'o Raw-Eating'. E waiho ana keia i ke koena o ekolu dala no ka uhi ana i ke kumu kuai o ka leka uila e like me ka nui o kau palapala helu 1 e like me kou hiki.

Nui ko makou hoihoi i kau palapala helu 1 no ka mea, o ko makou manao e hoouna aku i kope o ia palapala i na kanaka he nui e palapala mai ia makou no ka pilikia o ko lakou ola kino. Mana'o mākou he pōmaika'i ia i nā po'e he nui.

Mahalo mākou inā 'ae 'oe iā mākou e hana i nā kope mimeograph o kāmā bulletin No. Inā 'ae 'ia 'a'ole mākou e ho'ohui a unuhi i ho'okahi hua'ōlelo. He 'Ahahui 'ole mākou a makemake maoli mākou e kōkua i ka po'e 'eha e 'imi i ko lākou ala e ho'i ai i ke olakino i mana'o 'ia e loa'a iā mākou. Mana'o mākou ua ho'oikaika 'ia 'oe e ka makemake like.

Ke lana nei ko'u manao, e Mr. Aterhov aloha, e haawi mai oe i kou noonoo pono i ia'u a e lohe mai au ia oe ma na leta lewa i ka wa kupono ia oe ke hana pela. Mahalo nui mākou inā 'oe e ho'opili i kekahi o kāmā bulletin No. 1 i kāmā leka uila."

Ka mea nāna i ho'okumu, THE RISING SUN, NATIONAL MEDICAL-
PHYSICAL RESEARCH FOUNDATION, INC.

Ho'onohonoho 'ia ma 1908 ma ke 'ano he "Fundamental Research Society"
e Nicola Tesla, Thomas Edison a me Francis Richards. ANN WIGMORE, DD
Peresidena Hooko, 25 Exeter St. Boston

Los Angeles, Iune 23, 1966.

E kuu Frater:

Ua loa'a mai i ka mea kākau kāu puke i kākau maika'i 'ia a ho'ona'auao i kapa 'ia 'o Raw-Eating', a ua hau'oli nui i kāna heluhelu 'ana. Makemake 'o ia e hā'awi aku iā 'oe i kāna mau ho'omaika'i nui no kēia hō'ike a'o 'ia, a no kou kāko'o wiwo 'ole a me kou 'ae 'ana i ka 'ai 'ana i nā mea'ai maoli 'ole.

'O kēia ka'ina hana mea'ai no ka manawa lō'ihi i ho'opa'a inoa 'ia, 'oia'i'o, i ka hana 'ana i nā mea hana therapeutic electro-magnetic, ua kākau 'o ia i kekahi mau mea'ai no nā kauka a me nā kahu hānai ma kahi o 40 mau makahiki aku nei a i 'ole i ka makahiki 1926, i mana'o 'ia he predominance o 'raw' nā mea'ai i ka 'ai i kēlā me kēia lā...

Ua alaka'i ka mea kākau i ka noi'i lō'ihi ma nā kahua o nā emanations electromagnetic a me nā radiations, a ma hope i nā kumuhana ko'iko'i o ke kemika mahi'ai, e pili ana 'a'ole i ka quantitative wale nō, akā i nā koi qualitative e ho'okō i nā pono weliweli o ke kanaka i kēia lā ...

Ma mua o ka ho'omau hou 'ana, hiki iā mākou ke nīnau inā kekahi o kāu ma mua Ua kākau 'ia nā puke ma ka 'ōlelo Pelekania? Ua 'ike 'ia ua pa'i 'ia kekahi o lākou ma ka 'ōlelo Armenian. Inā pēlā, makemake ka mea kākau e a'o like i mea e 'ike ai i ke ki'eki'e o ka ho'omaopopo 'ana i kāu hana aloha kanaka.

Ma ka wehewehe 'ana, e 'ōlelo 'ia ua ho'ola'a ka mea kākau nui ka manawa a me ka ho'oikaika 'ana i ka ho'opau 'ana i kahi ku'ikahi holo'oko'a, e pili ana i ka pau 'ana, i kapa 'ia 'o The Supersensible Rescue of Man', e uhi maoli ana i kahi kumuhana hohonu ...

Ma mua o ka ho'opau 'ana i kēia leka, hiki i ka mea kākau ke ha'i aku he waiwai nui kāu puke i ke kanaka a pono e heluhelu ākea a me ke a'o 'ana? 'A'ole hiki i ke kanaka ke no'ono'o 'o ke ola mea kanu wale nō ka hale hana mea'ai 'olu'olu, 'a'ole hiki i ka holoholona a 'o ia ho'i ke ola me ka 'ole o ka mea kanu, e hana a hā'awi i nā minerala ko'iko'i a me nā 'ano mea i loko o kahi kūlana kūlohelohe no kona ola 'ana. Me he mea lā e nānā mau ana 'o ia

'raw' me he mea la i ho'oma'ema'e 'ole 'ia, 'a'a'ole, kūpono 'ole a mākaukau 'ole no kāna
ho'ohana a le'ale'a paha...

E like me kā Kauka Alexis Carrel nui i kākau ai i nā makahiki he nui aku
nei: 'A'ole hiki i nā kāne ke hahai i ka mo'omeheu hou ma kona ala e kū nei,
no ka mea, ke emi nei lākou. Ua hau'oli lākou i ka nani o ka 'epekema o ka mea
inert. 'A'ole lākou i ho'omaopopo i ko lākou kino a me ka no'ono'o e pili ana i nā
kānāwai kūlohelohe, 'oi aku ka pō'ele'ele ma mua o, akā e like me ke 'ano o nā
kānāwai o ka honua sidereal (astral). 'A'ole ho'i lākou i ho'omaopopo 'a'ole hiki iā
lākou ke uhaki i kēia mau kānāwai me ka ho'opa'i 'ole 'ia. No laila, pono
lākou e a'o i nā pilina kūpono o ke ao honua, o ko lākou mau hoa kanaka, a
me ko lākou 'ano iho, a me ko lākou mau kino a me ko lākou mana'o. Ina e emi iho
ka maikai, e nalo aku ana ka nani o ke aupuni, a me ka hanohano o ke ao
holookoa. 'Ōlelo pinepine'o Kauka Carrel i ka'oi'a'i'o'a'ole i lanakila ka hana'ana i
nā halemai nui a'oi aku i ka pono o ka ho'oponopono'ana i nā kumu ma mua o
ka ho'omau mau'ana i nā hopena wale nō.

No laila he nui kā mākou hana e ho'ona'auao ai i ke kanaka a e ho'i i
nā kumu kūlohelohe, ka no'ono'o ma'amaui a me ka ho'okō 'ana i kā mākou mau
kuleana a me nā kuleana.

Kauka ARIHUR B. WALKER, 439 S. Sherbourne Drive, Los Angeles,
Calif. USA

Allegany, NY 'Okakopa 28, 1966.

E Mr. Aterhov,

Ua hiki mai i ko'u lima kekahi o kau mau puke 'Ai-makau' a owau no
mahalo nui i kona mau mea; no laila, ua 'ae au i ke 'ano 'ai 'ai 'ai. He mahi'ai ko'u
ma 'ane'i kahi a'u e hānai ai i ka'u mau hua'ai pono'i, nā hua'ai a me nā hua'ai
ma ke kino, a makemake wau e kōkua i nā po'e 'ē a'e ma o Raw Eating e loa'a ai
ke olakino maika'i loa; no laila me kēia mana'o ke ho'ouna aku nei au iā 'oe i kahi
waihona panakō no \$20.00 e uhi i ka uku no 30 kope o

kāu puke. Mahalo nui i kekahi mau kope o kāu bulletin No. 1 e hā'awi aku i ko'u mau hoaaloha...

E hana wau i nā mea a pau e hiki ai ia'u ke ho'olaha i kāu puke ma kēia 'āina no ka mea ua kōkua ia'u e 'imi i kahi ala maika'i i ke olakino maoli. Nui ko'u hahai ma 'ane'i ma 'Amelika Hui Pū 'Ia a ua ho'ola'a wau i ke kumu o KE OLA MAIKAI ma o ka 'ai pono 'ana a me ka noho 'ana. He lālā au o ka American Natural Hygiene Society. Mana'o wau e ho'omau i ka ho'olaha 'ana i ka 'euanelio o Raw-Eating 'ma o kāu puke a mana'o'i'o e lawe mai ia i nā kauoha hou aku i ka nui o kāu puke. He mahi'ai maika'i ko'u ma 'ane'i, a inā e hele mai 'oe i kēia 'āina, e 'olu'olu 'oe e hele mai a noho ma ko'u malihini.

Mr.AJRUGGIERI, W. 5 Mile Rd. Allegany, Nu Ioka. Peresidena
'O nā kāne maika'i o ka honua "Peace: Good Will Towards Men"

Meadows of Dan, Sept. 1, 1966:

E ka makamaka, he mea 'ai mea'ai au, ha'i a a'o aku au i kēia.
Ua loa'a ia'u kāu leka helu helu 1 ma ka Mount Zion Reporter a ua 'oki au a pa'i hou e hā'awi manuahi ... Ua hehi anei au i kou mau wāwae ma ka hana 'ana i kēia me ka noi 'ole iā 'oe, a hā'awi mai 'oe ia'u i ke kuleana e pa'i. 'oi aku ka nui o kēia mau mea e hā'awi manuahi aku i ko'u hoa ma'i?... He puke makamae ka'u 'Nature The Healer' na John T. Richter, akā pono wau e 'ike i kāu 'ōlelo. E 'olu'olu e ho'ouna mai ia'u i ka 'Eating Raw', a inā ua like kēia me Nature The Healer e makemake au i nā mea he nui e hā'awi i ko'u mau hoa kāne. 'O wau kekahi mea kākau puke, akā 'a'ole wau he kauka...

Dek. 11, 1966:

Ua hau'oli loa au i ka loa'a 'ana o nā puke me kāu leka maika'i... E ke hoa, mana'o wau he luna kāu puke; Ua 'imi au i kahi mea li'ilii ma mua o Nature The Healer. 'A'ohe hana 'oi aku ka maika'i ma mua o ka ho'omālamalama 'ana i ka po'e i ka waiwai o ka mea'ai maka. Mana'o wau e lawelawe ana kāu puke i ko'u mau pono i kēia manawa, e like me ka puke nui a'e, a lawe mai ia i nā mea maika'i a'e. 'Ae, hiki ia'u ke ho'ohana i nā puke āu i ho'ouna mai ai... Makemake au i kāu mau puke hou a'e

puke. E hele ana au i ka huaka'i mikionali i Florida a hiki ia'u ke ho'ohana i kâu mau puke ma kēia huaka'i. Ke hele nei au e hohola i ka 'ai maka ma kēia 'ano, a ua kāhea 'ia ho'i au e lawe i kekahi mau hihia e loa'a iā lākou i ka 'ai maka. I kēia manawa ke waiho nei kekahi lede ma kahi o ka make, 'ane'ane hā'awi 'ia e nā kauka e make. Ke noi mai nei 'o ia ia'u e kōkua iā ia i ka 'ai 'ana, mana'olana wau e hana koke i kēia...

Mrs. IW Carroll, Box 240, Meadows of Dan, Va. USA

Israel, 'Aukake 22, 1966:

Aloha nui Mr. Aterhov. Me ka hau'oli nui i kēia lā ua ho'opau wau i ka heluhelu 'ana i kâu puke maika'i loa RAW-EATING'. Inā ho'omaopopo ke kanaka i ke kō'iko'i o ka mea'ai maoli, 'o ia ka ho'omaka 'ana o kahi au hou i ka mō'aukala o ke ola kanaka; 'o ia wale nō ka PARADISE.

Me kou 'ae, e 'ae mai ia'u e ho'olauna ia'u iho. 'O Joseph Razon ko'u inoa, he 43 makahiki au, ua hele mai i 'Isera'ela i 'ekolu mau makahiki i hala aku nei a hana ma ke 'ano he kauka ma ka Kupat Holim Medical Organization. 'A'ole o'u hau'oli i ka'u hana ma'amau i kēlā me kēia lā, no ka mea, pono wau e kuhikuhi i nā lā'au (poisons). 'Oiai ke ho'ā'o nei au e kuhikuhi i ka nui l'ilil'i loa (primum non nocere), 'a'ole au i 'olu'olu i ka'u hana 'ona-pusher! Pono wau e hana no ka mea he kāne male wau! No Teherana ka'u wahine... Ma hope o ka heluhelu 'ana i kâu puke, no'ono'o wau e kākau iā 'oe me ka noi 'ana inā hiki iā 'oe ke ho'ouna mai iā mākou i kekahi mau palapala ma ka 'ōlelo Peresia na ka'u wahine. 'Ike wau inā heluhelu 'o ia e pili ana i ka mea'ai kūlohelohe a me kona hopena i ke kino o ke kanaka, 'a'ole 'o ia e 'a'a e hānai i kā mākou keiki (ke mana'o nei mākou he pēpē) me nā mea make!

Makemake wau e hā'awi iā 'oe i kekahi mau kiko'i e pili ana i ka'u mau hana ma Istanbul i kekahi mau makahiki i hala. 'O wau ke Kakauolelo Nui o 'The Turkish Vegetarian-Hygienist Society' a 'o wau kekahi o nā lālā ikaika loa o ka ne'e. Ma laila i 'ike ai ka Hui Lapa'au a me ka 'Oihana Kemika i kahi pō'ino i kā mākou ne'e 'ana i nā mea'ai no kā lākou mau mea 'awa'awa a ma ke 'ano he Iudaio 'o wau ka wahi nāwaliwali loa i 'ike ma'alahi lākou e luku. 'O lākou

Ua hana 'ino nui wau i ko'u kino a ua koi au e ha'alele mau loa i ka 'āina a'u i hānau ai, kahi a'u i a'o ai a nona ka po'e a'u i aloha ai. Akā, pono wau e hele i ka 'Isera'ela. 'O ka mea pōmaika'i, ma 'ane'i hiki iā mākou ke kama'ilio a kākau manuahi e pili ana i ka vegetarianism a me ke ola kūlohelohe. Aia ma mua o 20 mau kauka naturopathic a loa'a iā mākou kekahi kauhale o nā mea 'ai mea'ai, AMIRIM, kokoke i ke kūlanakauhale SATAD ma nā mauna Galil!

I ho'okahi pule i hala aku nei ua kipa au i kēia wahi no ka lua o ka manawa, hau'oli wau a makemake wau e noho a noho ma laila. Akā 'o ka mea mua, pono ia'u e hō'oi'a i ka'u wahine. E 'olu'olu, ke noi aku nei au iā 'oe e ho'ouna mai ia'u i kekahi mau palapala ma ka 'ōlelo Peresia e pili ana i kēia kumuhana.

He mea le'ale'a i ka nānā 'ana i ke ki'i o ANAHIT, nani loa a olakino. Hiki i kekahi ke 'ike i kona olakino ma ka nānā wale 'ana i kāna ki'i.

Nowemapa 12, 1966:

Ua hau'oli maoli ka loa'a 'ana o kāu puke puke hoihoi loa Raw-'Ai 'i kona mana Persian. Mahalo wau iā 'oe a mana'olana e ho'omaopopo maika'i ka'u wahine i ke kumuhana. Mana'olana nō ho'i au e ho'oku'u 'ia ka'u keiki mai ka pō'ino o ka mea'ai i kuke 'ole 'ia!...Ma muli o ka'u hana ma ka hui lapa'au mālama au i ka po'e makemake e hahai i ke 'ano o ke ola ma'ema'e. I ko'u noho 'ana ma Turkey, ke mālama nei au i ka'u mau ma'i ma ke 'ano he hygienist kūlohelohe. I kēia manawa i loko o ka 'Isera'ela, loa'a ia'u kahi ola mua, no laila pono wau e hana i ka hui olakino.

Ma hope a ma hope paha, pono wau e hana ma ka 'oihana lā'au 'ole wale nō. Akā me ka 'ole o kahi hale ho'omaha olakino 'a'ole lawa kēia, no laila me kekahi mau kauka naturopathic ke 'imi nei mākou i nā po'e makemake e kōkua iā mākou! Mana'o wau i ka wā e hiki mai ana e ha'i hou aku wau iā 'oe.

Kauka JOSEPH RAZON, 170/2 Arlozorov St. Kiryat- Malakhi, Israel

Baldwin Park, Calif. 'Apelila 14, 1966.

E ke hoa aloha:

Ua hau'oli wau i ka 'ike 'ana i kāu 'atikala e pili ana i ka Raw-Eating ma ka 'Mount Zion Reporter' o Ierusalem, 'Isera'ela. 'O ka Lunahooponopono ko'u kaikunāne. Hau'oli wau i kou ha'i 'ana mai i kāu puke ma kāna pepa. Nui ko'u hoihoi i nā palapala 'ē a'e e pili ana i ka mea'ai maka, no laila ke ho'ouna aku nei au i ka'u kauoha, ka'u mua, 'oia ke mana'o nei au e ho'olaha i kēia 'oia'io i makemake nui 'ia.

June 20, 1966.

Ua loa'a ia'u kāu mau puke waiwai. 'O lākou wale nō ka'u mea e pono ai ... mahalo wau nui loa nā puke, a ke lana nei ko'u mana'o e loa'a mai i nā po'e he nui ma nā 'āina like 'ole, no ka mea, ua laki au i ka hana 'ana pēlā...

Nowemapa 13, 1966. Ua hau'oli au no ka hiki ia'u ke kauoha hou aku i kāu mau puke, Raw-Eating'. 'O lākou ka mea e pono ai nā kānaka. Makemake au e ho'ouna koke aku i kēia kauoha, akā kali a hiki ia'u ke ho'okoe i ke kālā. Mana'o wau i ka manawa a'e e hiki ia'u ke kauoha koke aku, no ka mea, aia kekahi mau mea i mālama 'ia ... Noho ho'okahi wau, 89 o'u mau makahiki ma ka lā 5 o Feb. 1967, no laila 'a'ole hiki ia'u ke hele i waho me nā puke a kū'ai aku iā lākou ma ke 'ano he hiki i ke kanaka opio. Ke kakau nei au i ko'u inoa a me ko'u wahi helu ma na buke a haawi aku i ka poe heluhelu ia mau buke. Makemake au e ne'e nā puke no laila 'a'ole hiki ia'u ke hā'awi aku iā lākou e moe a puni ka hale o kekahi... Ua ho'ā'o wau e hahai i ke 'ano mea'ai kūlohelohe e like me ka'u i 'ike ai no nā mea āpau.

'elua makahiki i hala. Ua hana au i loko o ko'u kīhāpai i kēia ahiahi a pau, 'a'ole au luhi...

ORAF. KAMANA, Kaleponi USA

Alberta, 'Apelila 9", 1966.

E ka Haku,

He mea heluhelu au i ka 'Mount Zion Reporter', a hoihoi au i ka 'atikala 'Value of Raw Food'. He 75 o'u mau makahiki 'ōpio, a makemake maoli au e pōmaika'i mai nā 'ano o ka mea'ai maka. He 'ālapa wau i nā lā ma mua—akā ua ho'ola'a 'ia i ka 'ai mea'ai mo'a.

‘O ka pilikia ka loa’a ‘ana o ke ‘ano mea kanu a me nā hua’ai kūpono ‘ole—me ka ‘ole o ka ho’ohehe’e ‘ana i ka mineral, ma Kanada.

GEORGE BAIN SUTHERLAND, Kanada.

Swansea, Malaki 1, 1964.

E Mr. Aterhov,

I ka ho’omaka ‘ana o Ianuali, ‘oiai e nānā ana i ka papahana 'TONIGHT' ma ka’u kīwī, ua uwila ‘ia au e ka nānā ‘ana i kāu puke, a ma ka lohe ‘ana i kekahi mau hua’ōlelo i heluhelu ‘ia mai ia mea. Ua makemake nui au e loa’a kahi kope o kāu puke. No laila ua kākau wau i ka BBC no nā kiko’i e pono ai ka mea ho’opuka, etc. Auwe, ua ho’omaopopo ‘ia ia’u, i ka hopena, ‘a’ole hiki ke loa’a i kēia ‘āina. Eia na’e, ua ho’ouna mai lākou ia’u i ka helu wahi wale nō i loa’a iā lākou, no laila ua ho’oholo wau e kākau iā ‘oe inā e ho’omaika’i wale aku iā ‘oe a makemake ‘oe i nā kūle’a āpau i ka ho’olaha ‘ana i kāu leka. Ke ‘ae nei au, me ka ikaika, ‘o ka ho’ohui ‘ana i ka mea’ai ka mea ‘ino loa o nā hewa a pau. He ao ‘oko’a paha kēia, inā ho’ololi ke kanaka i kāna mau ‘ai e like me ka mea i koi ‘ia ma kāu puke. ‘O kāu la’ana ka ho’oikaika kī’eki’e loa no ka pono o ke kanaka i kēia lā. Aloha oe—ke Kaula kiekie loa o keia au...

‘Apelila 29, 1964. He lā hau’oli i ka Pō’akolu i hala i hiki mai ai kāu puke a me kāu leka. Ua komo ia, a i kekahi manawa ua ho’opū’iwa ia’u. Ma luna o nā mea a pau, ua ho’omālamalama a ho’oulu hou ia’u. Mai ko’u wā kamali’i, i ko’u ho’opa’ana’au ‘ana i kekahi mau hua’ōlelo ma ke kula Sābati, ua ‘imi au i ka OIAIO. (‘A e ike oukou i ka oiaio, a na ka oiaio e hookuu ia oukou). ‘O ka ‘imi i alaka’i ia’u ma o nā hale pule ‘ē a’e, i ka Rationalism, a laila i ka Vegetarianism me ka Food Reform and Nature Cure a, hope loa i Theosophy me ka wehewehe wale ‘ana (ia’u) i nā pilikia o ke ola - Karma a me Reincarnation. He huaka’i lō’ihi kēia. A ma ‘ane’i, i ka nānā ‘ana i kāu puke, mana’o wau ‘o 'THIS IS IT'. Mahalo iā ‘oe no kahi makana maika’i loa, a mālama pū i kāu leka...

Februari 3, 1966. He hauoli nui ka lohe hou ana mai ia oe, a i e a'o mai kâu lau i nā holomua he nui i loa'a e ka po'e e hahai ana i kâu ho'ohālike... E hoihoi 'oe e 'ike e pili ana i ka'u mo'opuna pono'i. Ua loa'a iā ia kahi ma'i hopohopo i ka makahiki 1964, a aia 'o ia i loko o ka Halema'i Mental no kahi manawa pōkole. Ma hope koke iho o kona puka 'ana mai, ua hiki ia'u ke ho'ouna aku iā ia i kope o kâu puke... Ua lawe 'o ia i Raw-Eating e like me ka 'iole i ka wai, a ua ho'ōla maika'i 'o ia. Ua ho'ololi i kona mana'o a me kona 'ano, a ke holomua nei 'o ia i kāna mau ha'awina. He haumana no'eau 'o ia ma ke Kulanui o Manchester.

Mrs. Gena Harries, 11Hston Place, West Cross, Swansea, Glamorgan,
'Enelani.

Southsea, Februari 20, 1964.

E ka Haku,

Pono wau inā hā'awi 'oe ia'u i nā kiko'i e pili ana i ka loa'a ka puke i kapa 'ia 'o 'RAW- EATING' na ATERHOV. Ua hā'awi mai ka British Broadcasting Corporation ma Lākana i kâu helu wahi no ka ha'i 'ana mai ia'u 'a'ole loa'a ka puke ma ka 'ōlelo Pelekania. Makemake au e loa'a kahi kope.

19 o Malaki, 1964. Mahalo nui loa no kau puke e pili ana i ka Raw-Eating' i loa'a ia'u i ka Poaha iho nei, ka la 12 o Maraki. 'O nā mea i loko o kâu puke he hō'ike ia ia'u, 'o ia ka puke kupanaha loa a'u i heluhelu ai i nā pono a me nā koi o ke kanaka. Ua no'ono'o nō ho'i au i ka 'oia'i'o a me ka pu'uwai pu'uwai o ke kumuhana o ka puke a puni. Mahalo wau i ka lō'ihi o ke a'o 'ana a me ka manawa i hele i ka ho'oikaika 'ana i ka no'ono'o 'ana a me ka ho'omākaukau 'ana i ka puke. He hō'ike maika'i loa kēia o ko'u mana'o no ia mea a e hana wau i ka'u mea maika'i loa e makemake ai i nā po'e 'ē a'e, akā 'a'ole ia he hana ma'alahi ka 'ike 'ana i ke 'ano o ka po'e a me ko lākou makemake e ho'ololi i kā lākou mau ma'amau, 'oi aku ka 'ai. kekahi. Eia na'e, e ho'ā'o wau e ho'ohuli iā lākou a e ki'i iā lākou e ho'ouna i kâu puke ... Inā makemake 'oe, e hō'ike wau iā 'oe i kēlā me kēia manawa i ke 'ano o nā mea ...

Mrs. VM Snelling, 26 Victoria Rd. Southsea, Hants, 'Enelani.

Santa Rosa, Nowemapa 27, 1964.

E ka Haku,

Ua hau'oli wau i ka heluhelu 'ana i kāu puke, 'Raw-Eating', a makemake nui wau e loa'a i ka'u puke pono'i. Ma hope o ke kama'ilio 'ana me 'elua o ko'u mau hoaaloha, makemake lākou e ki'i i ho'okahi, no laila ke ho'opa'a nei au i kahi kauoha kālā no \$4.50 no nā puke 'ekolu. 'mea'ai maka', a ke ho'olaha nei au i ka 'ōlelo maika'i i waena o ka po'e hoihoi. Ua ho'opakele nā mea'ai maka i ko'u ola.

Ianuali 21, 1965:

I ka loa'a 'ana mai o 15 kope o 'Raw-Eating' me ka pepa pepa e noi ana i ka huina o \$10.00, ke ho'opa'a nei au i kahi waihona panakō... a me ka \$10.00 hou no 15 mau kope hou o Raw-Eating.' "Mahalo nui au i ka manawa e kōkua ai i ka po'e e ho'omaopopo i ka pono o ka 'ai 'ana i nā mea'ai maka, ma o kēia hana nui a 'oukou. Mahalo.

Pepeluali 2, 1965:

Nau ke kope o 'Let's Live' Magazine e heluhelu i kā Martin Reinecke 'atikala, 'Ho'omaka i nā mea'ai maka'.

'O ka pukana o kēia mahina ka'u leka e hō'ike ana i ka ho'omaka 'ana o ka'u kāne me ka'u kāne e 'ai i ka 100 pākēneka i nā mea'ai maka. 'Oli'oli loa mākou i kēia a e ho'omau mākou i ke kōkua 'ana iā Martin e ho'olaha i kēia 'ano 'ai, e like me kā mākou hiki.

'O kāu puke pono'i, 'o 'Raw-Eating', nani wale. Ua hau'oli loa wau e puunaue i ka poe e imi ana i keia ike. He 'oia'i'o he 'u'uku loa lākou i kēia manawa, akā ke mana'o'i'o nei au e hiki mai ana ka 'ike i nā mea he nui. 'O ka hana mālie me ka po'e e ho'olohe ana he mea hau'oli loa ia.

Mei 6, 1965:

Ua loa'a ia'u kâu leka e noi ana i nā helu hope o 'E ola kākou' akā 'o wau E kala mai ua kū'ai aku ka Hale Kū'ai Mea'ai Ola i nā kope a pau. Ke ho'ouna aku nei au iā 'oe i ka helu o Mei a e ho'omau i ka ho'ouna 'ana i kēia mau pilikia ke 'ole 'oe makemake e lawe i kahi kau inoa.

Ua ho'ouna au i kope o kâu leka iā Martin Reinecke no ka ho'oponopono 'ana i kāna 'atikala Pepeluali e like me ka mana'o.

Makemake au e loa'a kahi kope o kâu puke lua ke pau. Ua loa'a ia'u ka lanakila maika'i ma ke kū'ai aku 'ana i kâu leo mua a makemake wau e mālama i kekahi ma ka lima.

Mrs. Helen M. Bulbeck, 818 Cherry St. Santa Rosa, USA

Venice, Kaleponi, Sept. 29, 1964.

E Mr. Aterhov,

Mahalo nui iā 'oe no nā kope 'elua o kâu puke 'Raw-Eating' Ua hau'oli nui wau i ka heluhelu 'ana.

Ua ho'ōki au i ka 'ai 'ana i ka mea'ai mo'a 'elima mahina aku nei. He 31 makahiki ko'u a maika'i loa. I kēlā me kēia lā holo au i 2-5 mau mile ma kahakai, 'au'au, holo i ke kuahiwi. 'Ekolu pule aku nei ua pi'i au i ka mauna 'o Withney i ho'okahi lā. He 26 mile ka huaka'i ka'apuni a 'oi aku ka mauna ma luna o 14,500 kapua'i ke ki'eki'e. 'O 58-60 ko'u pu'uwai. Ke ha'i aku nei au iā 'oe i kēia mau mea a pau e hō'ike iā 'oe 'o ka mea'ai 'ai 'ole ka pane i nā 'eha a pau o ke kanaka.

Nui paha ko'u hoihoi e kū'ai aku i kâu puke ma 'Amelika Hui Pū 'Ia (a ma Kanada paha). E 'olu'olu e ha'i mai ia'u i ka nui o kâu noi no 500 a i 'ole 1,000 kope...

Pepeluali 6, 1966:

'O wau a me ka'u wahine 'ane'ane 'elua makahiki ma kahi 100% mea'ai maka 'ai me nā hopena maika'i loa. Ho'opili 'ia Ke ho'ouna aku nei au iā 'oe i kahi 'atikala, i kākau 'ia e Shirley, ka'u wahine, a pa'i 'ia ma ka makasina 'LET'S LIVE', Iulai 1965. Ua 'ae mākou iā 'oe e ho'ohana i kēia 'atikala a me nā ki'i i ho'opa'a 'ia. 'O kekahi o nā ki'i, 'o ia kekahi o kā mākou hoa aloha 'o ia ka mea 'ai-vegan. Hākōkō 'o ia i nā liona ('Apelika) me ka lima 'ole, a loa'a i kēia mau liona nā niho a me nā maiuu. 'O MICKEY SOLOMON kona inoa.

'A'ole mākou i mana'o maika'i loa i ko mākou ola mai ka wā e 'ai maka ai mākou i kā mākou mea'ai. 'O kāu puke ka puke maika'i loa a mākou e pili ana i nā mea'ai maka, a heluhelu pinepine mākou i kāu puke. Makemake mākou e ho'olaha i ka 'oia'i'o e pili ana i ka mea'ai maka... Mana'o mākou e ho'olako 'ia kāu puke kupanaha i nā po'e he nui. Ho'opili 'ia kahi kauoha kālā \$20.00...

Mrs. Shirley & Mr. Thorwald Boie, 1015 Venice Blvd. Venice, Ca.

USA.

Kolombia, S.C. Ianuali 7, 1965:

Ua hau'oli nui au i kekahi 'atikala e pili ana i kāu puke RAW-EATING' ma Let's Live Magazine- December 1964. Ua kākau wau i ka mea kākau, 'o Martin J. Fritz, a ua 'ōlelo mai 'o ia ia'u e kākau i ka British Vegetarian Magazine a hā'awi mai lākou ia'u i kāu 'ōlelo.

Ua ha'i aku 'o MRS. IRENE GOLEMON, US A

Wehe mai kahi leka i kākau 'ia e kekahi keonimana ma Abadan, ma hope o ka heluhelu 'ana i ka'u puke Persian:

Abadan, 25 Iulai, 1965:

E Mr. Aterhov,

Ua ho'ololi nui kāu puke li'ilii'i i ko'u mana'o no'ono'o, no laila ua mana'o wau ia'u iho he mea 'ai maka. 'a'ole maopopo ia'u

pehea e mahalo aku ai. 'A'ole ia he mea ho'onui ka 'ōlelo 'ana he aie ko'u ola iā 'oe. 'O 'oe nō ka Iesu o ko mākou manawa, e hā'awi ana i ke ola i ka po'e ma'i a me ka po'e hapa make, a he nani ke ola i kēlā!... He mea kupanaha ia'u ke heluhelu kekahi i kāu puke a 'a'ole e ho'ololi i ke 'ano o ke ola.

SADARATA, Abadan, Peresia.

Ma hope o ka pa'i 'ia 'ana o ka'u puke nui ma ka 'ōlelo Armenian, raw-'O ka 'ai 'ana ua loa'a ka nui o ka hahai 'ana ma Armenia.

Yerevan, 24 Malaki, 1961.

E Mr. Hovannessian,

Ua loa'a i ka Central Library of the Academy of Sciences of the Armenia me ka mahalo i ka puke mua o kāu hana i kapa 'ia 'o Raw-Eating. I mea e ho'okō ai i nā koi o kā mākou po'e heluhelu he nui no kāu hana i kapa 'ia 'o "Raw Eating", e 'olu'olu e ho'ouna mai iā mākou i 'elima kope o ka puke mua, no ka mea, 'o nā kope 'elua i ho'ouna mua 'ia e ho'olaha mau 'ia a nui nā lohi i loa'a i loko. e ho'okō i nā koi o ka po'e heluhelu he nui."

KA AKADEMI O NA ANAEHANA O ARMENIA, H.MECHERIAN,
Lunahooponopono o ka pauku piha.

Yerevan, 20 Nowemapa, 1961.

E Mr. Hovannessian,

Ua loa'a iā mākou he 'umi kope o ka puke mua o kāu hana i kapa 'ia 'o 'Raw-Eating', i hō'ike 'ia i kā mākou waihona, a no laila mākou e mahalo nui ai.

Yerevan, 16 Iune, 1965:

Ke makemake nei ka Luna Ho'okele o ka Hale Waihona Puke Moku'āina o 'Amenia e hō'ike i ko lākou mahalo nui no nā kope 'eono o kāu puke i kapa 'ia 'o 'Along the Paths of Raw-Eating', āu i hō'ike ai i ka Hale Waihona Puke.

Ke pī'i mālīe nei ka nui o ka po'e makemake i ka 'ai maka a makemake ka nui o lākou e loa'a kāu mau puke. Hiki iā 'oe ke hā'awi mai iā mākou i kekahi mau kope hou o kāu mau puke?

KA Oihana Hoomana, ARMENIA,

AM MIASNIKIAN BIBARY O KA REPUBALIKA,

ARAZI TIRABIAN, Lunahooponopono.

Ma hope mai ua ho'ouna pinepine au i nā kope o ka'u mau puke he iwakālua a kanakolu i kēia waihona, me ka mana'o 'ole i ka ho'iho'i a i 'ole ka uku.

'O ka mea pō'ino ma muli o nā pilikia a me nā palena i kau 'ia ma luna o ka po'e e ka Soviet Union (dictatorship against private trade) hālāwai wau i nā noi āpau no nā puke i loa'a mai ka Soviet Union me ka uku 'ole 'ole 'ia, me ka nānā 'ole 'ana mai nā ke'ena aupuni a i 'ole nā kākā pilikino.

Nā unuhi mai kahi leka i kākau 'ia e ka Eminent (Armenian poet), Hovhannes Shiraz:

Yerevan, 4 o Ianuali, 1962.

Aloha Ter Hovhannessian,

Ua loa'a ia'u kāu puke mahalo i kapa 'ia 'o 'Raw-Eating'. Ua ho'oholo 'ia 'oe e lilo i mea ho'opakele nui o kēia 'ano kanaka hapa 'ole. 'O kāu 'ike 'ana, ka 'ai maka, ua like ka nui me ko Darwin nui; 'oia'i'o, 'oi aku ka nui a me ke aloha kanaka, 'a'ole, pono ia'u e 'ōlelo 'oi aku ka lokomaika'i, ma mua o nā mea nui i 'ike 'ia o nā keneturi i hala. Akā, auwe, aia kahi pōhaku hiki 'ole ke kū i mua ou. Inā 'o kēia pēpē makapō, kēia mea i kapa 'ia he kanaka, i ho'opunipuni 'ia no nā kaukani makahiki,

E ho'omana'o 'oe, e ha'alele i ke ahi a hahai iā 'oe ma ke ala na'auao āu i wehe ai, i laila e pau ai nā hana 'ino mai loko mai o ke kanaka. Akā, 'o ke kanaka, me kēia lehulehu o nā lāhui a me nā 'ohana, pili mau lākou i ke ahi, e like me ka pili 'ana o ka nalo i ka pōhaku. 'A'ole 'o ia e ha'alele i kāna mea'ai mo'a make, 'a'ole ho'i e ha'alele iā ia i kēia manawa. He make 'ole 'oe..."

Hovanes Shiraz, 20 Leninian Ave. Erevan.

Mai kona wā kamali'i mai ka mea kākau o kēia leka, he 'ōpio haumāna, ua loa'a i nā ma'i he nui, 'o ia ho'i ka 'ā'i, ka 'ula'ula, ka ma'i mumps (parotids), ka ma'i ma'i, ka angina, nā anu like 'ole a me nā ma'i ma'i, ka 'eha pepeiao, ka 'eha niho, ka constipation, ka ma'i 'a'ai, ka hemorrhoids, appendicitis a me ka mumū mau o ka 'ōpū (cholecystitis). I kēia lā, ua ho'omaha 'ia 'o ia e ka 'ai maka i kēlā mau 'eha a pau, a ua hō'ike 'o ia i kona mahalo ma kēia mau laina:

Yerevan, 5 o Pepeluali, 1964.

E ku'u kumu aloha, nalo wau i nā hua'ōlelo e hō'ike aku ai i ka mana'o o ka mahalo a me ka mahalo a'u i ho'okipa ai iā 'oe no nā mahina i kēia manawa, no ka mea, 'a'ole lawa nā hua'ōlelo a pau.

Ma kahi hana kilokilo ho'okahi 'oe i ho'opau ai i ka moe'uhane i ho'opilikia i ko'u ola, e like me ke kānalua 'ole, e hana like nō 'oe i nā po'e 'ē a'e, a hiki i ka wā e ho'opau 'ia ai ke kumu o ia moe'uhane-mahalo iā 'oe.

Ua hele mai 'oe e ho'opau i kēlā makapō maka maka, kēlā kuli pepeiao 'oi a me kēlā pupule 'ike 'ole kahi a'u i ho'okomo ai, e like me nā mea 'ē a'e.

Ua hele mai 'oe me kahi kukui kupua e hō'ike kū'ē i ka waihona o ka lani 'O kēlā helehelena 'oia'i'o ia'u a hiki i kēlā manawa i hiki ia'u ke moe'uhane a mana'o.

Kūlou wau i mua o kou ki'i 'ālohilohi a aloha aku iā 'oe e like me ke kanaka
ka mea a'u i aie ai mamua o ka'u aie i kekahi.

Kūlou au i mua o kou ki'i 'ālohilohi a aloha aku iā 'oe ma ke 'ano he me'e nona
ka inoa i kēia lā mau ma nā lehelehe o ka po'e āna i ho'opakele ai, akā 'apōpō e kau
'ia ma nā lehelehe o nā mea a pau.

Kūlou au i mua o kou ki'i 'ālohilohi a aloha iā 'oe ma ke 'ano he crusader no
ka mo'omeheu maoli, ka 'epekema maoli, ka holomua maoli, a ma ke 'ano he mea
hakakā no ka wā e hiki mai ana.

'O Armen Vshtuni, Nānā Lenin 20, Erevan, Aremenia.

Yerevan, 29 Malaki, 1964.

Aloha Hovannessian,

He mau laina li'ilii wale nō e hō'ike iā 'oe ua loa'a i ka 'ai maka kekahi mea
hou, nona ke kumu o ka lawe 'ana i ke 'ano mea'ai hou i ho'okumu 'ia 'a'ole ma luna
o ka mana'o kaumaha i ho'okumu 'ia e kekahi ma'i a i 'ole nā mea 'ē a'e, akā ma
luna o nā mana'o i ho'oulu 'ia e kou mau mana'o nui. .

Pono wau e ha'i aku he nui nā mea ke'ake'a i ko'u ala, no ka mea, 'o ko'u
makuakāne he mea olaola, 'oi ai he kauka ko'u kaikunāne, a i loko o ko'u 'ohana 'o
wau wale nō ka mea hānai i kahi mea'ai 'oko'a (ma'amau). 'Eiwa mahina i kēia
manawa ua ho'ololi au i ke 'ano mea'ai hou a ke hau'oli nei au i ke olakino maika'i
loa. Me he mea lā ia'u, 'o nā leka e like me kēia, e hele mai ana iā 'oe mai nā kihi a pau
o ka honua, e ho'onui i ka holomua geometric a 'a'ole e loa'a iā 'oe ka manawa
le'ale'a e heluhelu i nā laina o ka mahalo i ha'i 'ia iā 'oe. E hele ana kāu 'ike i ka
mō'aukala.

18 Iune, 1965.

Ke kākau nei au mai Leningrad. Ke ho'omau nei au i ka'u mau ha'awina ma ka Conservatoire ma ane'i. Ke noho mau nei au me 'oe, ke ho'ouna aku nei au i ka'u mau mana'o maika'i loa, me ka hilina'i i ka mana'o'i'o aia ka manawa ma kou 'ao'ao. 'O nā ho'okolohua lapa'au i mālama 'ia e ko'u kaikunāne e hā'awi mau i nā hopena 'olu'olu. Ua maika'i loa ko'u mana'o, 'oiai e pi'i mālīe ana ko'u kaumaha, akā 'oia'i'o.

H. SVATCHIAN.

Yerevan, Ianuali 6, 1965.

E Mr. Hovannessian,

He 'eono mahina kēia a'u e ho'oma'ama'a ai i ka 'ai maka. Loa'a 'ike piha i ka ho'okipa maika'i i hā'awi 'ia i kāu puke ma kēlā me kēia wahi o ka honua, 'a'ole wau makemake e komo i nā kiko'i a hana hou i nā eulogies ma'amau. 'O ka mana'o o ka 'ai maka ka lanakila nui loa i loa'a i ka no'ono'o kanaka i ka wā holo'oko'a o ka nohona.

'A'ole wau makemake e kākau e pili ana i ka'u mau 'ike pilikino, no ka mea, i ka heluhelu 'ana i nā 'ōlelo i 'ōlelo 'ia e 'oe mai nā leka like 'ole o ka mahalo, 'ike wau ua kūlike ko'u mau 'ano me nā 'ano i 'ike 'ia e nā mea kū'ai aku i nā mea'ai maoli.

'O ke ko'iko'i ko'iko'i nā loli no'ono'o e pili koke ana, inā 'a'ole lākou ma mua, nā hopena physiological.

E 'ae mai ia'u e ho'omaika'i aku iā 'oe no ka makana kū'oko'a āu i hā'awi mai ai i ke 'ano kanaka.

'O Vladimir Khachaturian, 38 Abovian St. Erevan.

'O ka leka Kalikimaka mai kahi wahine 'ōpio ma Moscow:

Moscow, 20 Dekemaba, 1964.

E Mr. Aterhov,

Me ka 'oli'oli ke ho'ouna aku nei au iā 'oe i ke aloha o ke kau, me ka'u mau mahalo pilikino a me ka'u mau mana'o maika'i loa no ka lanakila o kā 'oukou hana nui a aloha.

'O kāmā mea hahai, ka mea i ola mai kona ma'i pu'uwai lō'ihi a ko'iko'i.

Ma hope mai, hā'awi 'o ia i kāna mo'olelo piha i loko o kahi leka o nā 'ao'ao he 'umi ka ma'i a me ka ho'ōla hou 'ana, a penei ka hō'ulu'ulu 'ana.

31 Malaki, 1965:

Ua ho'ololi au i ka 'ai maka i Nowemapa, 1963. Mai ia manawa mai 'a'ohe manawa kānalua. I kēlā mau lā, ua loa'a ia'u kahi mo'olelo o ka ma'i pu'uwai e kau ana ma kahi o 'eiwa makahiki.

Akā e ho'omaka wau mai kinohi. I ko'u wā 'ewalu a 'eiwa mau makahiki kahiko Ua loa'a ia'u ka ma'i rumatika. Ma hope o ia ma kahi o 'umi mau manawa o ka makahiki, ho'ohana au i ka laryngitis, ka ma'i ma'i a me ke anu o kēlā me kēia 'ano, 'eono a 'umi mau lā. Ua ulu mālīe ka tonsillitis ma'i. I ka makahiki he 'umikumamāhā, ua 'ike nā kauka i ka 'eha o ka valve mitral i loko o ko'u pu'uwai a ma hope ua loa'a iā lākou ka rheumatic carditis. I ka 'umikūmālima ua wehe lākou i ko'u mau tonsils. Ua loa'a ia'u ka 'eha pu'uwai lō'ihi, neuritis, nāwaliwali a me ka hiamoe. 'O ka hiamoe pōkole ma hope o nā hola o ka ho'omāinoino 'ia e nā moe'uhane weliweli. I ko'u ala 'ana i ka pō, maka'u wau i ka pō'ele'ele. Ma ka holo'oko'a, ho'ohana wau i 'ekolu a 'ehā mau mahina o ka makahiki ma kahi moe. Me ka pilikia nui ko'u pī'i 'ana i kahi alapī'i; Ua nele au i ka hele wāwae, ka ho'oikaika kino, ka 'au'au, ka hele 'ana, ka heluhelu 'ana, a me nā mea le'ale'a a me nā le'ale'a he nui.

Aia au ma lalo o ka mālama a nā kauka. Ua 'ho'ola' lakou ia'u ma 'O ka pyramidon, aspirin, antibiotics, analgesics, vasodilators, soporifics a me nā lā'au like 'ole. Ke kūrē mau nei ko'u kino i a

‘O ke ‘ano kamaha’o e kū‘ē i kēlā mau ana a ua ulu mālie ko’u kūlana. Ma muli o ko’u mana’o’ī’o i ka pono ‘ole o ia mau lā’au lapa’au, ua ho’opau hope wau iā lākou a pau.

E kala mai ia’u no ka ho’opa’a ‘ana i kou mana’o me ia minuke kiko’ī. Me he mea lā e hoihoi lākou iā ‘oe, ‘oiai ‘o ka ho’ololi ‘ana i hana ‘ia ma ke ‘ano kupaianaha. Ua ha’alele au i nā mea’ai mo’a me ka pilikia ‘ole. ‘O ka mea’ai maka i ho’āla mai ia’u i kahi mana’o ‘olu’olu o ka ho’oma’ema’e kūloko a me ka māmā. Koko i ka pō ua pau ko’u na’au i ka hopohopo ia’u. Oiai mamua, ua ike au i ka eha o ka puuwai, aole i hookahi wale no o ka pule, aka, ua aneane kela la i keia la, a no na HORS MA KA HOPE, i ka makahiki mua o ko’u ai maka, aole au i lawe i ko’u wahi moe no ka la hookahi. , a ua kaupalena ‘ia nā ‘eha o ko’u pu’uwai mai ka ‘eono a i ka ‘ewalu MOMENTARY eha o ka hopena li’ili’i.

No ho’okahi makahiki a me ka hapa i kēia manawa ‘a’ole wau i loa’a i ka ma’i ma’i ma’i a i ‘ole ke anu. I nā mahina mua loa, ua nalo loa ko’u po’o. Akā, ‘o ka hana mana nui loa ia’u, ‘o ia ka ho’omaka ‘ana o ka hiamoe ‘ana i loko o KEKAHI MINUTE o ka ho’omaha ‘ana i kahi moe. Ua ho’onui ko’u hiki i ka hana; Ua nalowale ko’u ho’opau ‘ana i ka wā kahiko, ka ‘eha’eha a me ka huhū.

I ka hā’ule, ua hele au i ‘Amenia a ua hana au ma ka 'Matenadaran' (ka Manuscript Repository). Nani ka hau’oli o ka hele wāwae ‘ana he iwakāluakūmālima a kanakolu kilomita i ka lā ma nā kuahiwi a laila ho’i i ka home me ka mākaukau piha e hana hou i ka hana i ka manawa ho’okahi. Ua lilo au i kanaka kū’oko’a, ka mea i ho’okomo ‘ia i loko o kona poli. He hau’oli nui kēia, a no laila, makemake wau e hō’ike i ko’u mahalo nui.

Moscow, 16’Aukake, 1965. Ke hā’awi mau nei ko’u olakino ia’u i kēlā me kēia ‘olu’olu, ‘oiai ua ho’omanawanui ko’u kino i nā ho’ā’o ko’iko’i o ke kaumaha o ka no’ono’o a me ka hopohopo (hypertension), a me ka luhi kino nui i mālama ‘ia i ka wā o nā huaka’i mauna.

E ho’opau koke wau i ka makahiki ‘elua o ka’u ‘ai maka. ‘A’ole hiki ia’u ke no’ono’o e ho’i hou mai ka ‘ai maka. ‘O nā nīnau a’u i hā’awi aku ai iā ‘oe no ka ho’omālamalama ‘ana a ‘a’ole pono e ho’okumu i loko

'o 'oe ke kânalua iki no ko'u wâ e hiki mai ana. Ma luna a'e o nâ mea a pau, no'u, 'a'ole ko'iko'i nâ 'ano kino o ka nînanu ma mua o nâ kumu 'uhane, i pa'a mau a pa'a 'ole.

Olga Kerenskaya, 3Frounze St. Moscow.

No ka mea 'a'ole hiki ke loa'a ka'u mau puke ma ka Soviet Union, ua unuhi ka po'e 'ai maka ma laila i nâ hō'ulu'ulu mana'o o ka'u mau puke i ka 'ōlelo Lūkini a hā'awi i nâ kope kope o ia mau mea i waena o kâ lākou mau hoaaloha. Nui nâ po'e e kope i kēlā mau hō'ulu'ulu mai kekahi i kekahi. Eia kekahi hapa o ka leka lō'ihi i kākau 'ia e kekahi wahine 'elemakule Lūkini e noho ana ma ka moku o Moscow.

Khimki, 'Apelila 25, 1965.

'A'ole hiki ia'u ke ha'i a i 'ole, 'a'ole hiki ia'u ke 'imi i nâ 'ōlelo kūpono i mea e hoike aku ai i ko'u mahalo palena ole ia oe. 'A'ohe uku ma kēia ao e uku aku i kâu hana la'a no ke ola o ke kino a me ka 'uhane o ke kanaka, 'o kâu 'RAW-EATING'. Kūlou wau i mua ou a 'a'ole i mua ou wale nō, akā, i mua o ka mea nāna i lawe mai ia'u i kēia mea'ai makamae no ke olakino, 'o ia ho'i kekahi mau paukū i unuhi 'ia mai kâu puke. 'O wau iho 'a'ole wau i laki i ka 'ike 'ana i kâu puke. Ko'u hoa— he kumu mua—

'A'ole i kope pololei mai loko mai o kâu puke, akā, mai kahi puke puke a kāna hoaaloha - he kumu mua nō ho'i, a 'o ia ka lede e kākau nei iā 'oe i kēia mau laina, no ka mea, ua 'ilihune ko'u maka pono'i. Hiki ia'u ke 'ike me ka maka ho'okahi a me ke kōkua o ke aniani ho'onui, inā 'a'ole pono wau e mahalo nui iā 'oe ma mua.

Ua ho'omaka wau i ka'u ho'oma'ama'a ma ka lā 15 o Feberuari a mai ia manawa 'a'ole au i 'ai i ka mea'ai mo'a, 'a'ole ho'i i ka berena... He kanaiwa ko'u makahiki ma 'Aukake 15, 1966. Ua 'oi aku ko'u ikaika ma mua o ko'u mau hoaaloha a pau, a ua hō'ōia 'ia kēia 'oia'i'o e kekahi, kekahi.

Karpovna Maria Ivanovna, Fevral'skaya St. 12, Khimca.

Sundsvall, 'Aukake 12, 1965.

E Mr. Hovannessian,

'O ko'u 'anakē a me kāna kāne, 'o lāua nā kauka 'elua ma Yerevan, 'o Danielian ka inoa, e kākau mai ia'u ua loa'a iā lāua ka pōmaika'i nui mai kāu mau 'ōlelo a'oa'o a paipai 'olu'olu ia'u e lawe i kāu 'ano o ka mea'ai a me ka mālama 'ana. No laila, ma ko'u manawa, makemake wau e nīnau inā hiki iā 'oe ke ho'ouna mai ia'u i kope o kāu hana i kapa 'ia 'o 'Raw-Eating', a ke ho'omaika'i mua nei au iā 'oe.

He gynecologist wau mai Istanbul. No nā makahiki 'elua i hala ia'u e hana ana ma ka halemai ma Sundsvall, Suedena. Me ka hoihoi nui a me ka ha'aheo e heluhelu ai au i kāu puke a me kāu mau kuhikuhi, kahi i loa'a ai i nā po'e he nui nā pōmaika'i."

'O Kauka Shabuh Sedikian, Länslasarettet, Sundsvall, Suède.

Moscow, Nowemapa 19, 1966.

E Mr. Aterhov,

Hau'oli nui wau i ka maopopo a me ka ma'alahi o kou mau mana'o. Hiki paha ke wehewehe i kahi 'ike nui ma ke 'ano ma'alahi? 'E ke kanaka! Nature i hana a hānai iā 'oe a me kou mau cell me ka mea'ai maka. No ka mea, 'a'ole 'oe i kama'āina piha i ke 'ano a me nā hana hana o ia mau cell, mai ho'opilikia i kā lākou hana ma o nā 'ano mea 'awa'awa 'ole.

'O māua me ka'u wahine he mau haumāna puka puka. He kauka au a he kauka ia.

Nui ko mākou hoihoi i kāu hana...

MICHEAL MINASIA.

Jermook, Malaki 6, 1966.

Aloha 'oe, e ka 'epekema o ka po'e 'epekema! Aloha oe, e ke kumu o ke kanaka!

He kōkua kauka au ma ka Hale Hō'ike'ike Ola o Jermook ma 'Alemenía. Ua ho'oma'ama'a au i ka 'ai maka mai ka lā 4 o Nowemapa, 1965, ua ho'omaopopo 'ia e kāu puke. Ua maopopo ia'u e ola au ma ke 'ano āu e ho'olaha ai. Mai ka makahiki 1947 ua loa'a ia'u i ka rumatika, polyarthritis a me nā ma'i o ke a'a coronary. Mai ka makahiki 1963, ua emi hou ko'u ola kino, ma muli o ka ma'i ma'i o nā pu'upa'a, kahi i hiki ai ia'u ke loa'a ka ho'omaha ma ka 'ai 'ana i ka melika.

Mai ka lā 'aono o ka 'ai maka ua 'ike au i ka 'eha nui o ko'u mau ami, akā ua ho'ōki lākou ma hope ... I ka wā o ka hopena o ka 'ai maka 'a'ole au i 'ike i ka pehu 'ana o nā hui i hele pū me kēlā me kēia ho'ouka 'ana o ka arthritis. 'A'ole ho'i au i loa'a i ka ma'i 'eha a me ka ma'i ho'ohehe'e e 'ike 'ia i nā manawa a pau ke 'ano o ko'u mau pu'upa'a. I kēia manawa, hau'oli wau i ka hiamoe maika'i loa a ua hā'ule ka'u pulse mai 120-140 a 90-

100 beats i kēlā me kēia minuke (ma lalo o nā kūlana o ke kaumaha). Ua pau ka 'eha o ka pō i loko o ko'u pu'uwai, ka 'ōpala ma ko'u po'o a me ka hou o ko'u mau wāwae. Ua pau ko'u 'elima kilo i ke kaumaha a ua pau ko'u 'eha rumatika. Ua maika'i ko'u mana'o a ke pī'i mau nei ko'u ikaika.

'O ka'u wahine a me ka'u keiki kāne 'eono makahiki, ke 'ai nei lākou i ka 'ai maka. E hānai au i ka'u keiki kāne 'ekolu - i kēia manawa ho'okahi mahina - e like me kāu i hānai ai i kāu kaikamahine 'o Anahit.

E kuu kumu aloha, ua hana au ma ke ano he kokua kauka no 'umikūmāwalu makahiki a i kēia manawa i ke kanakolukumamāhiku o ko'u mau makahiki e ho'opau ana i kahi papa palapala ma ka Pedagogical Institute. Aia na'e i loko o kāu puke ua loa'a ia'u nā pane i kekahi mau

nā pilikia i ho'omā'eha'eha ia'u no ka manawa lō'ihi - nā pane 'a'ole hiki ia'u ke loa'a ma kahi 'ē a'e. "O kekahi o ia mau pilikia 'o ia ke kumu 'a'ole hiki i nā pēpē ke hele e like me nā 'ōpiopio o nā holoholona 'ē a'e mai ka lā mua o ko lākou hānau 'ana. 'ai i 'ai 'ia e ko lākou mau māku'a a me nā kūpuna, I ko'u mana'o, ma hope o 'ekolu a 'ehā paha hanauna o ka po'e 'ai maka, ua pau kēlā mau hemahema.

Kauka Vachagan Gasparian, Jermuk, Armenia.

Noho ko'u kaikua'ana ma Yerevan. Ho'ouna mau wau iā ia i nā 'āpana nui o na buke, ana i haawi aku ai i ka poe ma'i nui a i maopopo ole i ka poe ai maka. Eia kekahi mau unuhi mai kāna mau leka he nui:

"E kuu Arshavir aloha, ua ike au e haawi ana keia palapala ia oe i ka hauoli nui. Ke holomua wikiwiki nei ka 'ai maka ma Yerevan a ma nā panalā'au 'ē a'e. 'A'ole i hala kekahi lā me ke kani 'ole a kipa 'ole mai ia'u. Hele mai lākou e 'imi i ka 'ōlelo a'o a i 'ole e noi puke. Ke hā'awi aku nei au i kāu mau puke i ka po'e nele maoli. Loa'a ka koi palena 'ole no nā puke, e hele ana mai ka lima a i ka lima a ua ho'emi koke 'ia i nā 'ōpala. Nui ko'u hopohopo i kāu ma'amau o ka ho'ouna 'ana i nā puke manuahi i ka po'e a pau e nīnau mai. Pehea 'oe e hiki ai ke ho'omanawanui i kēlā mau ho'olimalima?

'A'ole hiki iā 'oe ke ho'omaopopo i ka nui o nā ma'i i ho'ōla 'ia e ka 'ai maka, mahalo nui iā 'oe. 'O ka po'e ma 'ane'i he po'e kōku'a kanaka e like me 'oe. I ka wā e loa'a hou ai ke olakino nalowale, lawe 'o ia ma luna ona i ka hana o ka ho'ōla 'ana i kona mau hoahānau ma'i a no laila 'elima a 'eono paha i ola mai nā ma'i ko'iko'i. A laila hele mai lākou ia'u a ha'i i kā lākou 'ike. Hiki i ka po'e hiki 'ole ke ne'e i kahi 'anu'u ke hele i nā haneli mau kilomita.

'O kekahi o kēlā mau ma'i i loa'a i ka edema o nā lima

a me na kapuai no na makahiki he iwakalua, a o ke kaumaha aole emi malalo o 115 kilokani. Ma hope o ka 'ai 'ana i ka 'ai maka, ua nalowale 'o ia i 10 kilokani i loko o 20 mau lā. 'Ī maila kāna keiki, 'O ko'u makua kāne, ka mea hiki 'ole ke ho'one'e i kona mau lima a me nā wāwae ma mua, ke hele nei me he kamali'i lā. Ho'omaika'i mau lākou iā 'oe a me Anahit. 'O kekahi ma'i 'ē a'e i loa'a i ka mumū o kāna mau leo leo, me ka aneane pau 'ole o kona leo. I kēia manawa ua ola maika'i 'o ia ma hope o ka 'ai 'ana i ho'okahi mahina a me ka hapa wale nō. Eia hou, ua loa'a i kahi kanaka 'ōpio o 28 ka suppuration o nā pu'upa'a, i hui pū 'ia me ka hū ma'amau o kona kino holo'oko'a. He ko'iko'i kona ma'i a ua ha'alele 'ia nā mana'olana āpau iā ia, akā ua maika'i 'o ia i kēia manawa ma muli o ka 'ai maka. Nui nā hihia like i hiki 'ole ke kākau e pili ana iā lākou āpau. Wahi a kā lākou mana'o pono'i, aia ma Yerevan wale nō i kēia manawa he 2,500 mau mea 'ai maka, he nui ka po'e i lō'ihi i ka ma'i nui, akā ke hau'oli nei lākou i ke olakino maika'i loa. Ua hoolaila na kanaka i na ma'i o ka puuwai, na mea paakai, na koko ki'eki'e, na eha o ka opu, na ma'i o na puupaa, o ke ake a me ka opu, ka puu, a me na ma'i ano nui e ae.

Ua ma'i nui wau ia'u iho. Ua loa'a ia'u i ke koko ki'eki'e me ke kani 'ana o nā pepeiao a ua loa'a ia'u ka mumū o ke ake. He 'elua a 'ekolu paha ke koko o ko'u ihu i ka lā, nāwaliwali au a hiamoe maika'i. Ua pilikia ko'u puuwai a no'ono'o wau i kēlā me kēia pō inā e 'ike hou au i ke ao. Akā i kēia manawa, hiamoe nui au a lohe 'ole au i ka 'ohana e hele i ka hana i ke kakahiaka. 'Oia'i'o, hopohopo lākou i kekahi manawa ke ala lō'ihi wau, me ka mana'o he ma'i ia'u. Ua emi nui au a me ka nui o ko'u hele 'ana, 'a'ole au i luhi--o ka pīhoihoi nui o nā mea a pau.

Ho'oulu ka po'e 'ai maka i ka pilina aloha me kekahi. I kekahi ahiahi, ua kono 'ia au i ka home o ko Koloziana. (He kanaka pena ki'i kahiko 'o Mr. Colozian ma Yerevan. He mea hoihoi loa ka mo'olelo o kona 'ohana.

halemai, ua hoololi oia i ka ai maka a ua ola loa mai kona mai. Ua loa'a i kāna wahine i ka ma'i fungus (blastomycosis). Ma hope o 'ehā mahina o ka 'ai maka, ho'omaka ka ulu 'ana o kona mau kui a nalowale kona 'u. Ua mare ka laua kaikamahine, ua hapai i ka ai maka, a hanau i kana keiki me ke kahe ole o ke koko, ke hanai nei oia i kana keiki me ka ai maka.)

He kanakolukūmālua mau mea 'ai maka, ma waho a'e o kā lākou 'ohana 'ehā. 'A'ole hiki ia'u ke wehewehe i ka ho'okipa 'ana mai ia'u. Ua ho'omākaukau lākou i papa'aina nani a nani loa, i ho'opiha 'ia me nā salakeke maka, 'elima a 'eono 'ano 'ano 'ano 'ano 'ono loa, 'o Anahit kekahi o ia mau 'ano, he 'pilau 'oko'a o ke kulina 'Īnia i ho'onani 'ia me nā hua malo'o i ho'olu'u 'ia i ka wai. a me na ano hua hou a me na hua. I ka hopena, lawe mai lākou i kahi kī'aha 'ono o ka palaoa hui 'ia, ka 'o'a, ka walnuts, nā hua waina.

'O nā malihini a pau he mau kauka, mea pena, mea ho'okani pila a me nā ha'i'ōlelo. 'O lākou he mau haiolelo. I ka hopena, ua 'ike 'ia 'o ia ke kanakolu makahiki o ka male 'ana o Mr. And Mrs. Colozian.

He heluna kupono o na kauka i lilo i mea ai maka. Ua hele mai kekahi kauka 'ōpio a me kāna wahine, he kauka ho'i, e 'ike ia'u mai ka Hale Hō'ike'ike Ola ma Jermook. Ua ha'i mai lākou ia'u he kanahā a hiki i ke kanalima nā ma'i i ka lā, pono lākou a pau i kāu mau puke. Ua hō'ia'i'o mai lākou ia'u e holo ana ke koi no kāu mau puke i nā tausani. Ua ha'i aku ke kauka ma Spitak i kahi ha'i'ōlelo e pili ana i ke kolera, a ma hope o kāna kama'ilio 'ana e pili ana i ka 'ai maka a ua 'ōlelo 'o ia i kāna po'e hālāwai e kī'i i kope o kāu puke a, ma hope o ka heluhelu 'ana me ke akahele, e ho'okō i kāna mau 'ōlelo a'o.

Ua hele mai ia'u kekahi kauka hanohano o kanaonokūmāhā mai Kirovakan mai. Ua ha'i mai 'o ia ia'u ua loa'a 'o ia i ka ma'i nui, akā, me kāna wahine, ua 'ai 'o ia i ka 'ai maka ma mua o ho'okahi makahiki i hala aku nei a ma muli o ka hopena ua ola 'o ia i kona olakino. Ua ha'i pū 'o ia ia'u 'o ka Luna Ho'okele o ka Chair of Nutritional Hygiene ma ka Yerevan Institute of Medicine, 'o Dr. A. Harootiunian,* i haiolelo ma Kirovakan imua o na kauka, na ma'i, a oi loa aku, ka poe ai maka. I ka pau ana o ka haiolelo,

ua hiki mai ka ninau o ka ai maka. He nui ka poe e ai maka, ka poe e moe ana iloko o na halema'i no na mahina me ka loa ole o ka hopena, a ua hoolaila ma ka ai maka, ua koi aku lakou e nana pono ko lakou mau moolelo o ka halema'i a e hoohalikeia me ko lakou kulana i keia wa. Ua makemake nō ho'i lākou e 'ike i ke kumu i ho'ohalahala ai ka mea ha'i'ōlelo i ka 'ai maka me ka nānā 'ole 'ana i nā 'ike pili. Ua ku ae la kekahi o na mea ai maka a ninau aku i ke kauka Kirovakan ina ua ike oia iaia. I ka loa'a 'ana o kahi pane maika'i 'ole, ua ho'omau 'o ia: "O wau ka mea ma'i āu i mana'o ai he mana'olana 'ole a ua ho'oku'u 'ia 'oe mai kou haukapila e make ma ka home. A i kēia lā, mahalo i ka 'ai maka, ua maika'i ko'u olakino." Ua kū 'ino ke kauka."

Siranoush Babakhanian, 33 Poushkini, Erevan.

*Ua hookomo mua keia kanaka (Harootianian) i kekahi atikala ma a nūpepa i kapa 'ia 'o "Communist"!! pa'i 'ia ma Yerevan (1964, No. 171), me ka hō'ole 'ole 'ana i nā pono o ka 'ai maka! Ua kaupalena 'o ia i ka ho'ohana 'ana i nā hihia lī'ili'i o kekahi mau ma'i wale nō, a i ka manawa like ua ho'omaika'i 'o ia i nā protein holoholona 'ino a me nā huaora artificial. 'O ka hope, ua 'ōlelo 'o ia i kāna po'e heluhelu e 'ai 'ole i nā mea'ai kūlohelohe me ka 'ole o ka 'ōlelo a'o a ke kauka. I kēia mau 'ōlelo a'o, ua hā'awi mua wau i kahi pane 'eha ma ka'u hana Armenia i kapa 'ia 'o "Along the Paths of Raw-eating".

'O kēia wahine ka makuahōnōwai wahine o ka mea mele kaulana 'Amenia (Ofelia Hambardzumyan), he wahine naauao loa i kakau mai ia'u i na leta he umikumamakolu a hiki i keia manawa, e hai aku au i kekahi o ia mau mea penei:

Nowemapa 20, 1966:

E Mr. Hovannessian,

"Aneane elua mahina i hala aku nei, ua heluhelu au i kau buke ai maka i hoaiiaia mai ia'u no ka la hookahi wale no, me ke ano ohohia, ka ohohia a me ka ono, huaolelo no ka huaolelo, a hiki ole i ka peni ke hoakaka aku. I ka wa i hala. Ua makapō wau

e holo wikiwiki ana i ka make, me ka hō'ailona o ke kino ho'opunipuni i ho'opili 'ia ma ko'u alo no nā makahiki he nui. Akā, ua nalo koke i ka 'ai maka.

'A'ole i pau ka'u heluhelu 'ana i kāu puke akamai, ua ho'ouna aku au i nā mea'ai a pau a me nā 'ōmole lā'au lapa'au a me nā capsule i ho'oka'awale 'ole 'ia mai ia'u i ka pahu 'ōpala. 'O ko'u lā hānau 61 kēia i ko'u 'ae 'ana i kēia makana mai 'oe a ua ho'oholo wau e lilo i vegan maka. Aole au e poina i keia ia; Hiki iā 'oe ke koho maika'i loa i nā loli i hana 'ia i ko'u kino i luku 'ia. I nā makahiki i hala iho nei, ma lalo o ke kaumaha o nā ma'i like 'ole, ua pilikia ko'u ola. 'O'i aku ka ma'i o ka quater a me ka sciatica hiki 'ole ke 'aihue i ka hiamoe mai ia'u. Ma hope o ko'u ho'oku'u 'ia 'ana mai ka pa'a 'ino 'ana o nā ma'i, ua lilo au i kanaka 'eleu, ikaika a 'o'ole'a, a holo a puni e like me ka dia i ka lā a pau. 'A'ole hiki ia'u ke loa'a nā hua'ōlelo e hō'ike ai i ko'u mahalo; E ke akamai o ka poe akamai, e kuu hoa aloha...

E 'olu'olu e 'olu'olu i ke aloha a kahi hoaaloha mamao e ha'aheo nei i kona hope ua like ka inoa me kou (Ter Hovannessian). 'A'ole hiki ia'u ke kū i ka ho'okomo 'ana o nā kākana i nā mea 'awa'awa i loko o ko lākou kino? Ua pilikia au i ko'u ho'omana'o 'ana, ma muli o ka na'aupe, ua kono au i ka'u mau mea aloha i ko'u hale a hā'awi iā lākou i nā mea kuke me ko'u mau lima pono'i.

Ma mua o ka 'ai maka 'ana, ua hō'ike mai ko'u pu'uwai i ka hahau 'ana, i ko'u mana'o ua mana'o 'ia he make 'olu'olu a ma'alahi ho'i, akā i kēia manawa makemake wau e ola e heluhelu me ko'u mau maka pono'i a lohe ko'u mau pepeiao i ka inoa o ko'u kaikunāne ma ka nā 'ōlelo o ke ao holo'oko'a. Na'auao kāu hana, pono e ho'okahuli 'ia ka mea'ai mo'a, hiki mai ka lanakila iā 'oe.

'Aukake 2, 1967:

"I kēia manawa olakino maika'i a pōmaika'i, e like me ke kanaka maoli, ho'ouna wau oe ka'u palapala ekolu. 'O nā mana'o o ko'u pu'uwai he nui loa a hiki 'ole ia'u ke kākau ma ka pepa; Ua aie au i ko'u ola i keia wa ia oe, e ka mea e ola'i kanaka, e kuu kaikaina aloha, e hiki anei ia'u ke kapa aku ia oe he kaikunane?

I ka loa'a 'ole o ka pane mai iā 'oe no ka'u mau leka 'elua i hala, ua 'ai'ē au i kāu puke nui mai ko'u mau hoaaloha a ua kope i nā mea a pau i loko o 'ekolu puke mānoanoa. I kēia manawa ke loli nei kēia kope. Ma hope mai, ua 'ike au ua ho'ouna mai 'oe i nā puke a me nā leka, 'a'ole i hiki mai ia'u.

Eia, ke ho'onui nei ka nui o ka po'e mana'o'i'o i ka veganism raw i kēlā me kēia lā lā; Aia kekahi mau kauka i waena o lākou. 'O ka hapa nui o lākou e hele mai ia'u no

kekahi mau nīnau, ho'olaha au i ka mea'ai maka; Hana wau i pōpō palaoa, halva, salati, a me ka dolme maka a hō'ike i nā kānaka, ke pa'i nei au i kā lākou a'o 'ana a hā'awi aku i waena o nā kānaka, kākau wau i kou inoa ma nā pōpō palaoa me nā huawaina; Ua kū'ai au i kekahi o kēia mau keke na kou kaikuahine. Uwe 'o ia, pūliki mai ia'u a 'ōlelo mai, "Mai kēia lā he mau kaikuahine kāua. Ua hāmama mau ka puka o ko'u hale iā 'oe." Hā'awi 'o ia ia'u i ka lua o kāu puke.

Hui pinepine au me kou kaikuahine, heluhelu au i kau mau palapala a me na palapala, nana au nā ki'i, nānā au me ke aloha nui i nā ki'i o kāu mau keiki 'elua i ho'opau 'ia e nā mea'ai "pa'a" a me nā lā'au "pono"; Ua kaumaha 'ia lākou, akā i kēia lā ua ho'opakele 'ia nā tausani o ka po'e mai kekahi mau make a ho'ouna i ke aloha i ko lākou ho'omana'o. Ua ha'alele ka po'e akamai nui i ka wā ma mua i kā lākou hana ma muli o kēia 'ano mea'ai a me nā lā'au lapa'au a ua make ... a 'o 'oe wale nō ka mea i hō'ike i kēia mea huna. E leo ke alelo e aa e hoole i keia mau mea.

'Ānō e 'ae mai ia'u e kama'ilio li'ili'i no'u iho. Mana'o wau he mea hoihoi ia i 'ike 'oe i ko'u 'ano ma mua o ko'u ho'omaka 'ana i ka 'ai maka a me ko'u 'ano i kēia manawa. He 'umikūmāhiku o'u mau makahiki i ka wā i loa'a ai ia'u ka 'eha nui ma ka 'ao'ao 'ākau o ko'u kua. 'A'ole hiki i nā kauka ke ho'omaopopo i ke kumu a ua hō'olu'olu wale ia'u i nā lā'au lapa'au a me nā lomilomi. Ma hope o 'eono makahiki, ua lawe 'ia au i ka haukapila me ka make. Ua 'ike 'ia ua piha ko'u pu'upa'a 'ākau i nā pōhaku a me ka pus. He kanaka no'ono'o ka Polopeka nāna i hana i ko'u pu'upa'a, inā 'o ia e ola ana, ua pūlima 'o ia i kāu mau mea i 'ike ai me nā lima 'elua; Ua ha'i mai 'o ia ia'u ua 'ai nā kauka i ka hapalua o kou pu'upa'a ma muli o ka lomilomi a me nā lā'au 'ino a 'aka'aka. Ua kauoha 'o ia ia'u e ho'opoina i ka 'ai 'ana i ka 'i'o, nā hua manu, nā pickles, nā wai mineral a me nā mea'ai pa'akai mau loa a 'ai i nā mea kanu a me nā hua'ai.

Ua hahai au i kēia kauoha no 'elua a 'ekolu mau makahiki, i ko'u mana'o maika'i 'ana, ho'omaka wau e 'ai hou i nā mea āpau. Ua mahuahua iki ko'u makemake, a ua mahuahua ko'u kaumaha i kela la i keia la; E like me nā po'e 'ē a'e, mana'o wau he hō'ailona kēia o ke olakino, akā ua 'ike 'ia 'o ia ka mea 'ē a'e. 'O ka mua, ua ho'omaka ka ma'i po'o nui, a laila pehu ko'u mau wāwae, a i ka makahiki he kanahākūmāhā, ua pani 'ia nā niho artificial e nā niho maoli. Ua hiki i ko'u kino ke kanawalu elua kilo; 'O ka pōkole o ka hanu, ka ma'i ma'i mau, ka palpitations a me ka 'ōpū 'awa'awa i ho'opuni ia'u. Ma hope mai, ua puka mai he goiter

ho'opuni i ko'u 'ā' e like me ka hua manu pa'akikī. Ua makemake na kauka e hana, ua hoole au. A laila, sciatica, arteriosclerosis, blood pressure, hemorrhoids, gout, etc. ua ho'onāwaliwali i ko'u kino holo'oko'a a hiki 'ole ia'u ke hele.

Ua like ko'u lumi me kahi lā'au lapa'au o nā papa aspirin, pyramiden, valocardin, milocardin, analgin, beloid, capodiazit a me nā mea make 'ē a'e, 'o ia ka hapalua o ka'u mea'ai. Ua hō'eha au i nā kauka a no ka mea ua 'ōlelo nā mea a pau e pili ana kēia mau hō'ailona i ka makahiki, mana'o wau ua hiki mai ka hopena o ko'u ola. Ua luhi wau i kēia ao a makemake wale au e ho'opau i kēia mau ho'oha'aha'a i kahi hahau ma'alahi. 'A'ohe o'u mana'o e puka mai kahi hana mana a ho'opakele ia'u mai kēia moe'uhane. Akā ua hui pū 'ia kēia. I kēia manawa, ua nalowale ka diabololo he 'umikumamāhiku (poina ka mea kākau leka ua hō'ili'ili kona kino kumu he 'umikūmāhiku kilokalo o nā sela hou a olakino i kēia wā 'ai maka, 'o ia ho'i, 'a'ole he 'umikūmāhiku kilo ka diabololo, akā he kanakolukumamāhā kilo a 'oi aku paha) a ke hele nei au mai kekahi kihi o ke kulanakauhale a i kekahi kihi o ke kulanakauhale me ke kaumaha maoli he kanaonokumamaha kilo a pii aku i na anuu 132 o ka hale hana cognac me na ukana kaumaha i ke kaikamahine a ko'u kaikuahine aia ma ka halemai malaila a no ka a ua kama'āina loa nā kauka o laila i ko'u kūlana mua, kāhāhā lākou. 'O'i loa ke lawe lākou i ko'u koko a 'ike i 'umikumamākolu ma kahi o 'umikūmāiwa. E ho'ololi kēia i ko lākou mana'o a lanakila maoli ka 'oia'i'o. Ho'omākaukau wau i ka mea'ai vegan maka i loko o ko'u hale a lawe aku iā lākou, 'ai lākou a 'ōlelo wau: "Ho'ouna 'o Hovannessian i kāna mau puke i ka honua holo'oko'a me ka manuahi. Hana wau i nā po'e me ka mea'ai maka, 'ai e like me kou makemake." He 'umi mahina ko'u noho 'ana i kēia hau'oli...

Makemake wau e 'ōlelo i kekahi mau hua'ōlelo e pili ana i ka'u detox. Ua ikaika loa ka 'eha o ko'u mau ma'i a 'a'ole wau i 'ike i nā hopena mua o ka detoxification, 'oi aku ka nui o ka'u 'ai 'ana, 'a'ole hiki ia'u ke lawa. Ua 'ike 'ia ka 'ula'ula ma ka 'ao'ao hema o ko'u kino, he 'eha ho'i, akā ua ho'oholo koke 'ia. Ua malo'o ko'u 'ili ma kekahi mau wahi, 'āhu'i, loa'a ka dandruff a maika'i; He 'ula'ula 'ula'ula ka waiho'olu'u o ko'u mimi a i kekahi manawa ke'oke'o a mānoanoa, akā i kēia manawa ua akaka e like me ka wai. Ua loa'a ia'u kekahi mau po'o po'o ko'iko'i i 'oi aku ka maika'i ma o lākou iho. Mai ka lā mua o ka 'ai maka, poina ia'u he lā'au ma kēia ao. 'A'ole hiki ia'u ke mana'o

ua hina ko'u lauoho ke'oke'o i kēia manawa a ke ho'i hou nei i kona kala kumu."

Leta Helu 12 - Mei 7, 1971

"He nui ka'u mau lono i maopopo 'ole ia'u kahi e ho'omaka ai a kahi e ho'opau ai. I kekahi lā ua hele au i ka haukapila no kekahi hana ho'okele, 'ike wau i kekahi kauka wahine e pa'a ana i kāu puke ma kona lima, e 'ākoakoa ana i kekahi mau kauka 'ē a'e a puni ona. a wehewehe 'o ia me ka hoihoi i ka ho'opakele 'ia 'ana o kona kaiko'eke mai ka ma'i pu'upa'a ko'iko'i e ka veganism maka. 'Ike wau ia'u, nānā au i ka puke a 'ike au he kope kope ia o ka puke like a'u i pūlima ai a hā'awi aku i nā kānaka. Ua 'ike ke kauka ia'u, ua noi 'o ia ia'u e hele e 'ike i kahi ma'i i kekahi lā, hele wau i ka lā a mākou i ho'oponopono ai.

'O ka mea ma'i mua i kapa 'ia 'o Ozonian, i kēia manawa ke ola kino loa, ua ho'onohonoho i kahi pā'ina le'ale'a; He kauka holoholona 'o ia, he kauka kāna wahine, he polopekā kulanui kona kaikunāne, he kauka ho'i kāna wahine, ua 'ākoakoa pū kekahi mau nūpepa a me kekahi mau mea 'ai maka. Ua komo pū 'o Kauka Abajian mai Kirovakan me kekahi mau mea 'ai maka hou.

Ua kākau 'o Ozonian i kahi leka i kou 'ōlelo kahiko i ho'okahi makahiki i hala i kona ma'i nui, akā mana'o wau 'a'ole ia i hiki iā 'oe. He mea hoihoi a waiwai kēia leka a ke kope nei au a ho'ouna aku iā 'oe. E like me kāu e 'ike ai ma ka leka, ua ma'i nui 'o ia i ho'okahi makahiki i hala aku nei a ua hō'eha lākou iā ia, akā i kēia manawa ke hana nei 'o ia i kāna hana me ke olakino holo'oko'a; Leta Ozonians:

"A'ole maopopo ia'u ma ka 'ōlelo hea e ha'i aku ai i ko'u kahaha a me ka mahalo iā 'oe 'o ka mea aloha nui a me ka 'epekema 'oi loa o kēia mau makahiki. he mau olelo i ko'u mau hoahanau pili loa, aka, ke palapala aku nei au ia oe me ka olioli nui, o oe wale no ka mea hiki ia'u ke palapala aku, aole nae hiki ia'u ke kakau, ua lawe mai ko'u kaikunane i kau buke, a koi aku. Heluhelu au, noho au ma kahi moe i ole e hoohihia ia ia, a hoomaka iho la au e heluhelu i ka buke i nahaehae i ka heluhelu nui ana; Aka, aole hiki ia'u ke haalele i keia buke hoohiwahiwa,

no ka mea, 'o kāna 'ōlelo 'oi a me ka mana'o nui, a me kou mau mana'o hohonu a hao, ua ho'ohihi i ko'u 'uhane holo'oko'a. 'O ka make pō'ino o kēia mau keiki i ho'ouna aku iā 'oe i nā hale huna o ka moana 'epekema e 'imi ai i ka 'oia'i'o. 'O ke kaumaha nui i lilo ai 'oe i lā o ka biology. No keia mea, ua aie ke kanaka i kau mau keiki elua a e mau ana ko lau mau inoa i ka hoomanao ana o na lahui. Ma hope o ka heluhelu 'ana i kāu puke, hele koke wau me ke kali 'ole i ka hopena ho'ōla, hō'ike wau i ko'u mahalo. No ka mea, ua maopopo ia'u ka oiaio o kau olelo; No ka mea he kauka holoholona wau a kama'āina loa wau i ka biology, hiki ia'u ke ho'omaopopo i ka nui o kāu mau 'ōlelo. 'O nā mana'o a pau o ka 'epekema olaola, i pa'a loa i loko o ko'u lolo no nā makahiki he mau makahiki, ua loli i ka lā ho'okahi. Ua maopopo ia'u e kūlou ana ka wā e hiki mai ana i mua o kou nui, no ka mea, 'a'ohe mea nui i hūnā 'ia. He 40 au makahiki. Loa'a ia'u ka nephritis mau loa, ko'u ma'i ko'iko'i loa. 'O 65-90 ko'u koko nitrogen a 'a'ole ia e iho i lalo.

E moe ana ma kahi moe, hanu wale no 'oe, maopopo ia'u e maika'i ana au. E aie ana au i ko'u makuahine no ka hanau ana ia'u a aie ia oe no ka hoomau ana o ko'u ola mau loa..."

'O kekahi lono hoihoi: ua hele mai kekahi o nā mea kākau mo'olelo o "Science & Life" i Yerevan mai Moscow e hana i ka noi'i no ka ho'omohala 'ana i nā mea ola.

Ua 'ākoakoa kekahi mau kauka a me nā mea 'ai maka i ka hale o kahi mea ho'olaha 'ai maka a ua kākau 'o ia i kahi hō'ike. Ua 'imi 'o ia ia'u, a ma ka lā 15 o Nowemapa, 1971, ka leka helu 13 (ua kākau wau i kahi leka kiko'i i ka mea ho'oponopono o ka nūpepa "Avangard") i mea e loa'a ai ka hopena, no ka mea, ua ha'i 'ia ia'u ma ke kelepona he loa i nā ma'i o ka digestive. 'ōnaehana, 'o Professor Jivan Shmavonyan, makemake e hālāwai me a'u a me kekahi mau mea 'ai maka. He aha ka'u e hana ai akā e ho'okō i kahi pā'ina no ka po'e 'ai maka. He mau lā ma mua o ka pā'ina, ua ho'omaha au mai ke ke'ena aku a me ka hilahila 'ole, ua ho'ā'o wau e ho'onohonoho i kahi papa'aina i mea hou no ka po'e 'ai ola.

'O ka berena maka, nā kuki, ka basaq, a me nā jams maka like 'ole i hana 'ia mai nā lau pua, nā hua pomegerane, 'oiai mai nā walnuts 'ōma'oma'o a'u e hana ai i kēlā me kēia makahiki i ka pūnāwai, a me nā salakeke like 'ole, ua ho'onani wau.

‘ekolu mau papa nui i pa’akikī ke ‘ōlelo. No kekahi manawa, ‘a’ohe mea i ‘a’a e ho’opā i nā keke nui ‘ekolu i kau ai kou inoa. ‘O ka hope, ‘oki au a pā’ani. Uwe ka papa’aina i ke kaumaha o ka hua a me ka wai hua!



‘Ike ‘ia ke kaikuahine o Aterhov (Siranush BabaKhanian) ma ka waena, ma kona hema ke kauka’i Shmavonyan, a ‘o Haikanush Ter Hovannessian e kū ana ma hope

Ua ho’onohonoho ‘ia ka hālāwai ma ‘Okakōpa^{ona} 24, 1971 i ka hola 16:00. ‘Elua hola ma mua, ua ki’i au i kou kaikuahine i lulu lima ka po’e i hiki mua mai iā ia ma ke ‘ano he lunamaka’āinana. ‘O ka mea mua, ua komo mai ka polopeka hanohano a lululima i ko’u lima me kona mau lima ‘elua me ka helehelena ‘aka’aka a hālāwai me kou kaikuahine me ka mahalo nui. I kekahi manawa hou, ‘o nā malihini ‘ai maka a pau he mau kauka, nā polopeka kulanui, nā nūpepa, nā kumu, a pēlā aku, ma kahi o kanahākūmālima mau kānaka i komo i ka manawa ho’okahi. Ua puiwa au, ia manawa i hoea mai ai o Kauka Abajian maluna o kona kaa me na lede akiki a lealea mai Kirovakan mai; Ua kama’ilio mua ‘o ia e pili ana i kona mau ma’i a ho’ouna aku i kona mahalo iā ‘oe no ka ho’opau ‘ana i kēia mau ma’i a makemake ‘oe i ka maika’i no ‘oe a me kou olakino.

A laila, hā’awi ka po’e ‘ai ola a pau i ka ha’i’ōlelo ma hope o kekahi a hā’awi i ka wehewehe kiko’i e pili ana i nā ma’i i hala a me ke olakino o kēia manawa. Noho malie ka polopeka, e ho’olohe pono ana a e kākau ana i nā memo ma kāna puke. ‘A’ole i ‘ike ka hapa nui o nā malihini iā ia, i kona kū ‘ana a ho’olauna iā ia iho ma hope o ka pau ‘ana o nā hō’ike a ka po’e ‘ai ola.

noho na mea a pau a hoomaka e hoolohe malie. Ho'omaka 'o ia e kama'ilio mālie e pili ana i kāna mau mana'o a me kāna mau ho'olālā.



Heluhelu kekahi o na polopeka kulanui i ka palapala a Hovannessian. Ke noho nei 'o Kauka Abajian ma kona 'ao'ao hema.

Ua 'ōlelo 'o ia: "Ua hana maoli 'o Hovannessian i kahi hana nui. Mo'olelo hō'ike i ka nui o nā 'epekema kaulana i hele mai i nā kānaka ma'amau; 'Oiai 'a'ole 'o Hovannessian he kauka, akā me kāna 'ike 'ana, kū 'o ia ma luna o nā kauka a loa'a iā ia ke kuleana e lilo i 'epekema. 'Oiai he mau 'enemi kona, akā 'o ka 'oia'i'o ua lanakila 'o ia. 'O 'oukou a pau i 'ōlelo, i 'ōlelo 'ia, akā mau kēia mau 'ōlelo iā 'oe. Pono 'oe e ho'onohonoho i ka heluna kanaka, e lawe i nā helu helu o ka po'e 'ai ola a pau, e ho'oholo i nā ma'i i loa'a iā lākou i ka wā i hala a me ke 'ano o ko lākou kūlana i kēia manawa, a hā'awi mai iā mākou i kēia mau palapala. a ua kakau pu ia ko'u inoa iloko, ua hooholo makou e kukulu i halawai pela i hookahi manawa i na mahina ekolu.

Ua 'ōlelo ka polopeka ua mana'o 'o ia e ho'okumu i kahi sanatorium raw-vegan, aia pū kekahi kama'ilio e ho'okumu i kahi hale 'aina raw-vegan. I ka hopena, me ke noi a ke kumu, ua hō'ike au i kekahi mau kope o kōu mau leka, o ka leka mai ke aupuni India, o

ka leka a'u i kakau ai ia "Avangard", a me ka palapala a Ozonia a me Makarian. Ua 'ai 'o ia i nā salakeke a me nā kī'aha 'ē a'e me ka hau'oli nui a nīnau 'o ia pehea e ho'omākaukau ai. Hā'awi au i 'umi kope o nā palapala salakeke i loa'a ia'u i nā malihini. 'A'ole kēia o nā mana a'u i ho'ouna aku ai iā 'oe, he mea hou kēia a piha.

Mai ka hola 16:00 a hiki i ka hola 21:00. I ka ha'alele 'ana, hā'awi ka proffecor i kekahi o kāna kāleka ia'u a 'o kekahi iā Siranoush a noi mai iā mākou e launa pū me ia. 'Ī akula 'o ia iā Siranoush: "Makemake nui au e 'ike i kou kaikunāne, e kūkākūkā a e ho'omākaukau pū i kahi ho'olālā kūpono e hiki koke ai i kahi e hele ai. e ho'omākaukau i kono kono"

Wahi a ke Kumu: Jivan Mambre Shmavonyan , Papazian No. 17, Yerevan.

Haikanoush Ter Hovannessian, 10 Alavardian St. Erevan.

Palapala mai ke aupuni o India:

'O ka lawelawe 'ike India - TS Kanwar

Tehran, Ianuali 4, 1971, Embassy o India. hui pa'i

"E like me kā mākou i hō'ike 'ia, ua pa'i 'oe i kahi puke ma lalo o ke po'o inoa 'o "Raw-eating". Hiki iā 'oe ke ho'omaopopo ua koho ke aupuni o India i komite ho'oholo no Nature Cure, nāna e hana i nā ha'awina e pili ana i ka holomua a me ka ho'omohala 'ana o Nature Cure.

Ua hā'awi 'ia kāu puke i kēia komite, nāna i 'ike a mana'o he hana maika'i ia. No laila, ke mana'o nei ka Ministry of Health and Family Planning of India e kū'ai aku i kēia puke nui me ka lī'lī'i ('elima rupee wale nō) e hā'awi aku. 'A'ole lākou e loa'a kālā mai ke kū'ai 'ana aku i kēia puke.

Mahalo nui mākou inā 'oe e 'ae mai ke aupuni o Inia e pa'i i kēia puke ma ka 'ōlelo Pelekania a ma nā 'ōlelo kūloko 'umikūmālua 'ē a'e.

Eia kekahi, e 'olu'olu e ha'i mai iā mākou inā ua hō'ano hou 'ia kēia puke mai ka makahiki 1967 pa'i. A i 'ole makemake 'oe e ho'ololi iā ia i ka wā e hiki mai ana?

No laila, e mahalo mākou inā loa'a iā mākou ka 'ae kūpono e hiki ke ho'opuka i kēia puke ma India. "

TS Kanwar.

'O ia ka 'oihana olakino ikaika loa ma India, i ho'okumu 'ia ma 1964 e Mahatma Gandhi. Hā'awi mau lākou i ka'u mau puke a me nā palapala ho'olaha ma India. Ua ho'olauna 'ia ka Ministry of Health o India i ka'u puke e kēia ke'ena. Eia kekahi mau 'āpana o nā leka a ke alaka'i o ia kula i kākau mai ia'u.

"Ua heluhelu wau e pili ana iā 'oe i 'elima mau makahiki i hala aku nei ma ka British Vegetarian Magazine, 'a'ole au i nānā nui a aneane pōina; A hiki i ka mahina i hala, ua noho pū kekahi wahine Mekiko e mālama ana i kahi hale ho'oma'ema'e ma laila me mākou no 'ekolu pule a ua 'ōlelo maika'i 'o ia. Mai ia manawa mai, ua ho'omanawanui au e ho'oka'a'ike aku iā 'oe a kauoha i puke, akā pehea lā wau e 'ike ai i kou helu wahi? Ua ho'okumu 'ia kēia kula e Gandhi a ua laki au i ka hana 'ana ma laila no 'umi makahiki i nā makahiki hope o kona ola 'ana.

NATURE CURE CENTER, Uruli- Kanchan, India

Pelekikena o ka Israel Vegan Society, luna ho'oponopono o "Nature and Health" magazine:

"Mahalo nui iā 'oe no kāu mau leka i ho'ouna 'ia. Ke ho'ā'o nei mākou e ki'i iā lākou i ka po'e makemake e ho'ohana nui iā lākou. Ua kū'ai aku mākou i ho'okahi haneli mau puke o kāu mau puke i kēia manawa; Ma kahi 'āina līlī'i kahi i 'ike 'ole ai ka hapa nui o ka po'e i ka 'ōlelo Pelekania, 'o ke kū'ai aku 'ana i nā puke he nui maoli ka lanakila nui. Ke ho'ouna aku nei au iā 'oe i kahi uhi o ka makasina "Nature and Health" (TEVA UBRIUT), kahi i pa'i 'ia ai ke ki'i nani o Anahit makahiki 'eono. I kēia manawa ke ho'omākaukau nei au i 'atikala e pa'i me ke ki'i o Anahit he 'umikūmālua makahiki."

Jaacov Graboys, 10 Hateyna St. Nevey Oz. Iseraela

'O kēia kauka ka pelekikena o ka British Vegetarian Society, nāna He ho'oma'ama'a ma Lākana, a ma hope o ka heluhelu 'ana i ka'u puke, 'o ia

'ae a hā'awi i ka'ū 'ōlelo i kāna mau ma'i a kuhikuhi i ka puke 'ai maka.
'O kēia ka leka e hō'ike nei.

"Ua heluhelu au i kāu puke e pili ana i ka mea'ai maka. Ua kauoha
'o Kauka Lato i kahi mea'ai maka no ka mālama 'ana i ko'u ma'i ma'i. a
me 'eono pu'upu'u."

Mrs. Campbell Moodie, 31 Linden Garden, Lādana, W. 2

Mrs. VERA STANLEY ALDER:

"E ka makamaka hanohano, heluhelu 'elua au i kāu puke a mana'o wau i kēlā
e ho'olauna kēia puke i kahi au hou no ke kanaka. He mea pono ke kau
i keia puke i mua o na maka o ka poe i hiki i ka hope ke ola o ka honua.
He akamai 'oe i hiki ke 'ike i ka 'oia'i'o ma'alahi a pololei a wehewehe
pololei ma mua o nā mea 'ai mea'ai āpau a'u i heluhelu ai i kēia
manawa.

No nā makahiki, ua ko'iko'i au i ka po'e he mea hua'ai ke kanaka a
pēlā e ho'oponopono 'ia ai nā pilikia o ka honua a hana 'ia kahi honua
gula. 'O kāu motto ("a'ole kuke") ho'opau i nā kumu āpau, nā ana, nā
ho'ololi, me kahi kauoha ma'alahi. E ho'opau 'oe i nā helu helu a
me nā mea i kūkākūkā 'ia a hiki i kēia manawa, a ma ko lākou wahi e
hā'awi ai 'oe i ka po'e i ke olakino maoli a me ka hau'oli.
'O kāu 'ike, e like me ka 'ike 'ana i ka uila, he hana ia na ke akamai,
a 'o ka po'e i ho'omaopopo iā 'oe he po'e akamai.

E hana au i na mea a pau e kaulana ai kau buke; Ke
ho'oponopono nei au i kahi puke, ke kākau nei i puke 'ē a'e a hā'awi i nā
ha'i'ōlelo. He pōkole loa nā lā e hana ai i kēia mau mea. I kēia manawa
he ko'iko'i ke kūlana o ka honua, akā ua paipai 'ia wau me ka'u kāne, ma
ke 'ano o ka 'ike 'ana aia 'oe a me kāu hana a me kāu holomua i
kēia ao. E 'olu'olu e 'ae mai ua pili loa mākou iā 'oe.

Ke ho'ouna aku nei au iā 'oe i kekahi o ka'u mau puke. "He mau
makahiki mākou i vegan, 'a'ole mākou e puhi a inu i ka wa'iona, a ke ho'ohana
nei wau me ka'u kāne i kāu ala."

«WORLD UNION FELLOWSHIP» 8 Alanui mua, Lādana.

ESSENCE OF HEALTH» Nā mea ho'opuka kânāwai kī'eki'e o ke ola kino a me ke ola.

'Apelila 29, 1968:

"Ua loa'a ia'u kāu puke. 'A'ole wale wau i 'ike i kēia puke he maika'i loa. akā, kūpono loa ia me ka'u mau mana'o, nā hana, a me nā palapala. I kēia manawa ke ho'opuka nei mākou i kahi makasina i kapa 'ia 'o "ESSENCE OF HEALTH". Ma waho a'e o ka pa'i 'ana o kēia nūpepa a me ka'u mau puke pilikino, makemake wau e kū'ai aku i nā puke haole e hō'ike ana i nā kânaka i ke ala kūpono. No kēia kumu, 'oia'i'o e ho'okomo 'ia kāu puke i loko o ka'u mau puke, no laila e 'olu'olu e ha'i mai ia'u e pili ana i nā 'ōlelo o ka uku kū'ai nui."

Mei 24, 1968:

"Ua hau'oli wau e ho'ouna aku iā 'oe i kahi helu \$82.5 no nā puke he kanalima o nā puke mea'ai maka. Inā makemake 'oe e hā'awi iā mākou i nā kuleana e pa'i i ka puke, e 'oli'oli mākou.

Pahu 2821, Durban, 'Apelika Hema.

DULAT RAM PUBLIC MISSION:

Pīhoihoi 'oe i ka loa'a 'ana o kēia leka, mana'o'i'o mai ia'u, ma hope o ka 'ike 'ana i kāu puke, 'a'ole i ho'opilikia nui 'ia nā lālā a pau o ka papa alaka'i o kēia 'oihana, akā ua mana'o'i'o loa 'o ia ma o ka 'ai maka wale nō e ho'opakele 'ia ai ka lehulehu mai 'O nā ma'i āpau. He hui aloha ko mākou kaiāulu. Ua ho'oholo mākou e ho'okō i ka ne'e 'ana i ka mea'ai maka ma India. Inā 'oe e 'ae iā mākou e pa'i i kāu puke ma ka 'ōlelo Pelekania a me nā 'ōlelo kūloko, e hā'awi mākou i 'umi kaukani kope no ka manuahi ma kahi mua. e launa pū me ke Ke'ena Ola i mea e no'ono'o ai lākou i kēia pilikia ma kā lākou mau hana.

Ua 'ike mākou he mau hoa paio ko kāu 'atikala e pili ana i nā pono pilikino, akā ma kahi 'āina e like me India, kahi o ka hapa nui o ka po'e 'ilihune a pōloli, e loa'a i ka mea'ai maka kahi 'āina kūpono a e ho'oulu ai i nā miliona o nā kânaka ma muli o ka 'ai i kālua 'ia a me nā ma'a a me nā lōina hewa 'ole, e mālama 'ia. "Ma hope aku, aia kāu puke

pa'i 'ia a loa'a ka hopena, e ho'ouna mākou i kahi kono e hele mai i India me kou 'ohana a 'ike i ka hopena me kou mau maka pono'i."

Krishan Mohan, Hope Peresidena. 17- B, Asaf Ali Rd. NewDelhi

Ma hope o ka loa'a 'ana o ka leka mai ka 'elele India, ua ho'oholo wau e ho'ā'o hou a ha'i i nā luna o ko mākou 'āina no kēia lanakila. 'O ka mua, ua kākau wau i kēia leka iā MohamadReza Shah Pahlavi, i ho'opili i kahi puke o nā puke Persian, English a me Armenia i ke Ke'ena Imperial.
Ka palapala:

"Ha'aheo wau i ka lawe 'ana aku iā 'oe i ka nūhou hau'oli e pa'akikī paha ke no'ono'o mua.

Ma muli o ka'u mau makahiki he kanakolu o ka ho'oikaika 'ana, nā noi'i, nā noi'i a me nā 'ike, i kēia lā ua hō'oia maoli 'ia nā kumu o nā ma'i āpau ma muli o ka 'ai 'ana i nā mea'ai i kuke 'ia, nā kemika a me nā mea make 'ē a'e i ho'okomo 'ole 'ia e ka po'e i loko o ko lākou kino. Ua maopopo ia'u i ka lilo 'ana o 'elua o ka'u mau keiki aloha, ho'okahi i ka 'umi o nā makahiki a 'o kekahi i ka makahiki 'umikūmāhā, ma muli o ke kuhikuhi 'ana i nā lā'au "pono" a me nā mea'ai "ho'oikaika" e nā kauka kaulana. Ua pa'i 'ia a pa'i 'ia kekahi puke kiko'i a'u i kākau ai ma ka 'ōlelo 'Amenia i ka makahiki 1960, a laila, i mea e hō'ike ai i ko'u mau hoa kama'āina Pelekania i ka makahiki 1963, ua ho'opuka au i kahi puke l'ilili'i ma ka 'ōlelo Pelekania, kahi kope a'u i hō'ike ai i ka manawa like. Ua 'ike 'ia ka puke i 'ōlelo 'ia e Mr. Pahlbod, Kuhina no ka Culture and Arts. Ua ki'i 'o ia ia'u a ma hope o kekahi mau hālāwai i ho'olauna mai ia'u iā Dr.

Abbas Nafisi, Kakauolelo Nui o ka Liona Ula a me ka La. Ua makemake 'o Mr. Dr. Abbas Nafisi lāua 'o Kauka Abolqasem Nafisi, ke po'o o ka Halema'i Maternity 'o Khaje Nouri, i ko'u mau mana'o a me ko'u mau mana'o a ua ho'ohiki i nā 'ano kōkua a me ka hui pū 'ana; No ke kumu o ka noi'i mua 'ana e pili ana i ka mea'ai maka, ua ho'olauna lākou ia'u i ka Nemooneh Orphanage a me ka helu 'ekahi a me ka hale ma'i keiki Bahrami. 'O ka mea pō'ino, ua loa'a ia'u kekahi mau pilikia ma laila, no ka mea, he mea pono e ho'oka'awale i kekahi mau kauka a me nā limahana mai nā mana'o hewa kahiko a e ho'oma'ama'a i ko lākou mau mana'o me nā mana'o hou, no laila, ma muli o ka ho'opanee 'ana i ka hana, 'a'ole i hua ka'u mau hana a ua ha'alele wau i ka 'imi ka mea. 'Oia'i'o, me ka nui

minamina, 'oi aku ka nui o ko'u nānā pono 'ana i nā hopena 'ino o kā lākou mau 'ai hewa.

'O ke kumu, 'a'ole i nānā nā luna ho'omalua o nā ke'ena i 'ōlelo 'ia a me nā kauka āpau i ka hopena maoli o ka mea'ai make a hānai wale i ka mea'ai kuke a me ka mea'ai 'ole i nā mea ma'i āpau, e like me nā hale 'aina, e ho'oulu ai i nā ma'i 100%. Ma hope o ka loa'a 'ole o ka holomua ma ko'u 'āina pono'i, ua ho'oholo wau e hō'ike i ko'u mau mana'o i ka po'e 'epekema o nā 'āina 'ē, i hiki ai ia'u ke loa'a nā hō'ike kūpono a hiki 'ole ke hō'ole 'ia e ho'okō i ka'u papahana ma ko'u 'āina hānau. I kēia manawa ua hiki mai ka manawa, mana'o wau he kuleana kapu ka'u e ha'i aku i kēia 'ike ko'iko'i iā 'oe i hō'ike i kou mana'o i ka honua me ke kipi ke'oke'o o shah a me nā kākā.

Ua pa'i mua 'ia ka'u puke Pelekane a pa'i 'ia i ka makahiki 1963, a ua kū'ai 'ia. A laila, i ka makahiki 1965, ua pa'i au i ka puke 'elua ma ka 'ōlelo 'Amenia a 'elua makahiki ma hope mai ua unuhi au i ka puke ho'okahi ma ka 'ōlelo Pelekania, kahi a'u i ho'ouna aku ai i kēlā me kēia iā 'oe. Ua ho'ouna aku au i 'umi kaukani puke o kēia mau puke a ma kahi o ka hapalua miliona mau palapala manuahi i ka po'e kālai'āina o nā 'āina 'ē, i nā nūpepa, nā 'oihana, nā kulanui, a me nā mea 'ē a'e me ka'u mau mea pono'i a me nā waiwai. I kēia makahiki hou, ua pa'i au i 'umi tausani mau puke l'ilili'i ma ka 'ōlelo 'Amenia e hā'awi i nā kākā me ka manuahi. 'O ka hopena o kēia mau hana, 'o ia i kēia lā ma nā 'āina o ka honua, 'oi aku ho'i ma 'Amelika, India a me 'Amenia, aia nā haneli haneli o ka po'e Raw-Vegan, 'o ka hapa nui o lākou he mau ma'i i hoka i nā kauka, a i kēia manawa. hoomau lakou i ko lakou ola ana me ke ola maikai. Loa'a ia'u nā tausani o nā leka mahalo mai lākou. Kokoke ka po'e vegans a me nā kauka naturopathic a me nā ke'ena olakino holomua 'ē a'e e ho'olaha i ka'u mau puke a me nā lau a ho'omaka i nā ho'olaha nui e pili ana i ka veganism raw; Ho'opuka lākou i ka'u mau ho'olaha ma kā lākou nūpepa, kūkulu lākou i nā sanatoriums no ka veganism maka. Ma Mekiko, ua ho'okumu 'ia kahi hale hānai mea'ai maka. Ke unuhi 'ia nei ka'u puke ma ka 'ōlelo Paniolo ma 'Amelika a ma ka Hindi ma Delhi a ke pa'i 'ia nei. Ua hō'ike ka BBC i ka'u puke ma ka TV a heluhelu i nā 'āpana o ia puke i ka po'e; Hā'awi nā kauka Philanthropic ma 'Eulopa, 'Amelika, a me nā mea 'ē a'e i ko'u 'ōlelo i ka po'e ma'i "incurr

puke 'ai maka. 'O nā mea olaola o Yerevan Academy e pale a kāko'o i ko'u mau mana'o ma ka nūpepa "Science & Technics" o kēlā me kēia mahina.

Ma muli o ka pa'i 'ia 'ana o ka'u puke nui ma ka 'ōlelo 'Amenia he 'umi makahiki aku nei, 'o ka Ua ho'onui 'ia ka nui o nā mea 'ai maka ma Yerevan. Ho'okumu lākou i nā pilina me kekahi a ho'onohonoho i nā pā'ina a me nā ho'olaule'a e pili ana i ka 'ai maka. He nui no na kauka i ikeia iwaena o keia poe ai maka; Ho'onohonoho ke po'o a me ke kauka'i o ka 'oihana mea'ai o ke Kulanui 'o Yerevan i nā ha'i'ōlele e pili ana i ka 'ai maka, a ma kēia mau hui 'ana, hā'awi ka po'e i ho'opakele 'ia mai nā ma'i ko'iko'i i kā lākou hō'ike.

Eia kekahi la'ana, he kauka wahine i loa'a i ka lolo a ua hiki 'ole ke ne'e i nā makahiki 'ehā, kū i luna ma hope o 'umikumamāhā mau mahina o ka 'ai maka a i kēia manawa i ke olakino maika'i. 'O kekahi la'ana hoihoi: 'o kekahi o ko'u 'ohana, he iwakāluakūmāwalu makahiki 'ōpio, ua loa'a i ka nāwaliwali o ke a'alolo a hiki 'ole ke ne'e i kona mau lima a me nā wāwae; 'A'ole 'o ia i ho'olohe i ka'u mau 'ōlelo a'o manuahi, huaka'i 'ekolu manawa i 'Eulopa a 'oi aku ka nui o ka miliona rial a hiki i ka loa'a 'ana o ka puke 'ai maka ma Lausanne mai kahi neurologist kaulana i heluhelu i ka'u puke a 'ike i ka 'oia'i'o. Ua ho'i 'o ia i Tehran.

Aia nā kaukani o nā palapala like i loko o ka faila kūpono a me I Ua mākaukau wau e hā'awi iā lākou i kekahi kanaka i koho 'ia. Ma hope o nā mea a pau, 'o ka pōmaika'i nui loa i hiki mai ia'u i kēia manawa, 'o ke aupuni o India ua ho'omaopopo kūhelu i ka'u puke he mea pono a ua ho'oholo e ho'opuka a paipai i kāna heluhelu 'ana i ka po'e o India i hiki iā lākou ke hahai i nā kuhikuhi o ka puke. . a e hoopakeleia mai ka mai, ka ilihune, a me ka pololi.

I kēia lā ua hō'oia 'ia ka po'e e pale i ka 'ai o na mea ai i moa, na laau make a me na mea make e ae, ua kaawale ia mai na ma'i a pau, ina he mama a kaumaha paha, e like me ka ma'i puuwai, ka ma'i kanesa, ka ma'i diabetes, na mai lele, ke anu. etc. ua hoolaila. 'O nā palapala i loa'a e hō'oia'i'o i ka wehe 'ia 'ana o nā halemai hou, pi'i like ka nui o nā ma'i; No ka mea, 'o nā halemai, nā lā'au lapa'au a me nā lumi kuke ke kumu o nā ma'i ma'i; No laila, 'a'ole pono ke kūkulu 'ana i nā halemai hou, akā pono e hana 'ia nā kūlana i waiho 'ia nā halemai me ka 'ole o nā ma'i a pani 'ia kēlā me kēia, a

‘O kēia kūlana wale nō i ka ho‘ololi ‘ana i ke ‘ano o ka ‘ai ‘ana o nā kānaka. Kūlike ‘ole i ka mana‘o o kekahi po‘e, he ma‘alahi loa ka hana ‘ana i kēia.

E like me ka ho‘oholo ‘ana o ke aupuni o India, ‘o ka mea mua, pono ia e ‘ōlelo i ka lāhui e heluhelu i ka puke o ka mea‘ai maka a ‘o ka lua, pono e ho‘olaha ‘ia ‘o ka kuke ‘ana he hana kūlohelohe a ‘a‘ole ko‘iko‘i. Pono e kaupalena ‘ia nā ho‘olaha ho‘opunipuni a ho‘opunipuni o nā mea‘ai make, nā lā‘au ‘awa‘awa a me nā huaora kemika.

Ma kahi o ka hā‘awi ‘ana i nā lā‘au ‘awa‘awa i waena o ka po‘e mahi‘ai, hiki i nā luna o ka Health Corps ke a‘o iā lākou pehea e ulu ai mai kekahi mau mea kanu ola. a me ka huapalaoa ulu, hoomakaukau i na mea ai maikai a oluolu maikai, a pehea hoi e hiki ai i ke kanaka ke hoonaauao loa i kona kino me elua riala o ka palaoa ola, elua riala o ka laa a me elua riila o na mea kanu a ola me ka mai ole.

Ma o ka nupepa, lekiō a me ke kiwī, hiki ke a‘o a kuhikuhi i ka lāhui e pili ana i nā loli o ka ‘ai ‘ana, ka ho‘omākaukau ‘ana i nā mea‘ai kūlohelohe maoli; Hiki ke ho‘ololi mālie ‘ia nā halemai i sanatoriums; ‘O ke ‘ano o ka hānai ‘ana i nā kahu hānai, nā keiki makua ‘ole a me nā haukapila e lilo i obligatory raw-vegan. ‘O ka hopena, ho‘one‘e ka po‘e i kēia mau sanatoriums i ko lākou mau home a lilo i mau kauka no lākou. ‘A‘ole koke e nele nā halemai i nā ma‘i a pani ‘ia kēlā me kēia. E emi mālie ana ka ‘ai ‘ana i nā ‘ano paka, nā mea inu, ka ‘i‘o, ka i‘a a me nā mea ‘ino ‘ē a‘e.

‘O nā ‘alemona, nā pistachios, nā lā, nā huawaina a me ia mau mea‘ai waiwai a me nā hua‘ai ‘ē a‘e he nui i lawe ‘ia i nā ‘āina ‘ē me nā kumu kū‘ai ha‘aha‘a loa, pono e kāpae ‘ia a ‘a‘ole pono e lawe ‘ia i waho. No laila e ‘ai ‘ia nā mea‘ai i ulu ‘ia e ko kākou po‘e kānaka pono‘ī a ‘o ia ho‘i, e pī‘i a‘e ka nohona o nā kānaka a e emi ana ko lākou ‘ano ‘ino. E nalowale nā ‘aihue, nā hewa a me ka ho‘opunipuni. ‘O kēia, ka mea hiki ‘ole i ka wā mua, e lilo ia i mea maoli i ko mākou ‘āina hānau i loko o kekahi mau makahiki.

Aole pono kakou e nana i ka manao lapuwale, a me ka wahahee o kekahi mau kauka puni dala a me ka lokoino, no ka mea, aole i loaia ia lakou ka laau liliili loa e pale aku ai i na ma‘i me ka lakou mau koi, aka me ka lakou mau hana hewa a me ka hewa.

na hewa i laha ai keia mau ma'i. 'O ka pane i kēia mau kūkākūkā a pau wale nō ka hopena o ka hana a me ka hana. Inā 'a'ole lawa ka hopena i loa'a i loko o ko'u 'ohana iā lākou, a ma waena o ka po'e 'ai maka i ho'opuehu 'ia ma nā 'āina 'ē, inā loa'a ia'u nā lako a me nā mea pono, ua mākaukau wau e hō'ōia a hō'ōia i ka 'ōia'i'o o ka'u koi me ka hana. i ka manawa pokole.

'O ka'u noi e heluhelu ho'omanawanui 'oe i nā puke a me nā leka a'u i ho'ouna aku ai iā 'oe ma ka 'ōlelo Pelekania."

"I ke alo o ka mea ho'ōla nui loa o ke kanaka mai ka 'ilihune a me ka ma'i:

He luna ho'omaha au o ka Imperial Army, ka mea i ho'omaha me nā makahiki he 'umikumamāwalu a me 'ekolu mahina o ka 'ike ma muli o ka nui o ka momona i ka makahiki 1344 (Kalena solar Persian) e like me ka ho'oholo a ka 'Aha Lapa'au o ka Pū'ali e like me ka faila o ka'u. nā ma'i ko'iko'i i ho'onohonoho 'ia. Ma mua o ko'u ho'omaha 'ana no kekahi manawa no ka mālama 'ana i ko'u momona, i loa'a ia'u ma kahi o 125 Kg, ua kuhikuhi 'ia nā lā'au slimming e like me Metrical a lawe wau iā lākou, a 'o ka hopena ua hiki i ko'u kaumaha i 150 Kg a ho'onui mau. A hiki i ko'u ho'onele 'ia 'ana o ka mana hana. A laila, ma ke kuhikuhi 'ana i nā huaora, kebabs a me nā mea'ai 'ē a'e, loa'a ia'u ka hānō. Ua ho'oholo 'ia e ho'omaha ia'u, 'o ia ho'i, me ka loa'a 'ole o ka pōmaika'i, 'o ia ho'i me ka uku 'ole. I keia manawa i hoehaeha mai ai ko'u ma'i ma'i ia'u, ua ho'ouna aku lakou ia'u i ke keena allergy o ka halema'i helu 502 o ka puali a haawi mai ia'u he umikumamawalu mau ano injections ma ko'u mau lima, a o kela mea keia mea o lakou i pehu, olelo mai lakou, ma'i ia mau mea, 'oia'i'o, ua pehu lakou a pau, aka, elua a ekolu I noonoo iho la lakou ia mau mea i ka wa i nele ai ka palapala noi a olelo mai he ma'i oe ia lakou a e hana oe i na injections ekolu manawa o ka pule; 'O ka hopena, ua loa'a ia'u ka hānō pu'uwai a ma ke kau 'ana i nā lā'au 'ē a'e e like me ka Valium, nā 'ulū umauma a me nā lā'au make, ua hā'ule ko'u pu'upa'a a me ka 'eha 'eha o ka 'ōpū. A laila, pī'i a'ela ko'u kaumaha mai 160 Kg a ma muli o ka lawe 'ana i nā papa corten ikaika i kuhikuhi 'ia e ke kauka, ua momona au i kēlā me kēia lā a ua loa'a ia'u ka mea i kapa 'ia 'o Courtney obesity a ua ho'ouna hou 'ia au ma luna o kahi kauā.

i ke keena o ka halema'i hookahi no ka lapaau mau! Ma hope o ka 'oki 'ana i ka hernia umbilical, ua ha'i mai ke kauka ia'u ua ho'okahe au i kanakolu miliona mau penicillin i loko o kou 'ōpū; I kēia manawa ua maopopo ia'u me kēia penicillin, ua hiki au i ka paepae o ka make. I kēia manawa, ua loa'a i ka'u kaikamahine li'ilii' ka ma'i rumatika pu'uwai a pono e ho'okahe i ho'okahi miliona 'elua haneli penicillin (Penador) i kēlā me kēia pule a hiki i ka makahiki 18. Ma kekahi 'ao'ao, ua kekee nā wāwae o ka'u keiki li'ilii' ma nā 'ao'ao a ua ma'i 'o ia i ka ma'i. -kapa 'ia 'o rachitis. 'O ka'u wahine, ka mea i loa'a i ka 'ilihune a me nā ma'i he nui o'u a me ka'u mau keiki, ua waiho 'o ia i kahi ho'opi'i i ka 'aha kākō'o 'ohana a noi aku i ka 'ai, a 'a'ole hiki ia'u ke uku i ke alimony ma muli o ko'u uku ha'aha'a, ua ha'alele wau iā ia, 'o ia ho'i ka ho'opakele 'ana iā ia. mai keia ola pilikia. Ua noho au me 'elima mau keiki ma'i a makua 'ole. I kēlā me kēia lā, i ko'u hele 'ana i nā kauka me nā puke 'inikua ola kino, ua ho'opiha 'ia ka nui o nā puke a ua lawe 'ia ka nui o ka'u uku ma ke 'ano o nā kipa, ECG a me nā uku ke'ena. E lilo nō ho'i au i kekahi o ka'u uku no ka fr A hiki i ka manawa i 'ōlelo mai ai ka mea mālama puke o ke kula o ka'u keiki, nāna i 'ike i ko'u kūlana, i ka puke 'ai maka. Ua heluhelu au i kēia puke me ka hoihoi piha a ua 'ae au i kāna mau mea a me ka'u mau keiki ua ho'omaka mākou e 'ai i ka 100% raw vegan. I loko o kekahi mau lā, ua ma'ema'e ko'u hānō; A laila, ho'omaika'i mālie ke kūlana o ka'u kaikamahine a pololei nā wāwae o ka'u keiki li'ilii', a ho'omaka wau i ko'u wā 'ōpio. I loko o 'eono mahina, ua emi ko'u kaumaha mai kahi o 160 a 70 Kg. I loko o kēia manawa, ma ka 'ai maka loa, ua loa'a ia'u ke ola a me ka hou o ke keiki a ua ho'ohiki wau ia'u iho 'a'ole au e ho'opā i ka mea'ai make. Ua aie au i ko'u ola mai ka pōino i kau buke."



Mr. Akbar Tofangchi- No. 11, Khazaei Alley, Arabians neighborhood, Naser Khosrow St, Tehran.

‘O ka mea kākau o kēia leka he wahine i hele mai i Tehran Raw Vegans club i kēlā me kēia lā ma hope o kāna hana a kōkua iā mākou i ka hui, a i kekahi manawa ho’opa’a ‘o ia i kekahi mau wikiō mai nā hana kalapu:

"Pehea wau i lanakila ai i ka ma’i kanesa ma ka

veganism raw: ‘A’ole koke wau e ho’olaule’a i ko’u lua makahiki o ka hele ‘ana i ka maka. ‘Elua makahiki i hala aku nei i ka pi’i ‘ana o ko’u ‘eha ma’i kanesa, ua ho’olauna ‘ia au i kahi puke mea’ai maka i ho’ololi loa i ko’u ola. ‘Oia’i’o, ua ho’opakele kēia puke i ko’u ola.

Ma ka 2533/2/21 (Kalena imperial Persian) ua ‘ike au i kekahi mea ‘ē ma ko’u umauma ‘ākau. ‘O kahi huhū li’ili’i, hele wau i ke kauka, akā ‘a’ole i hō’ike ka X-ray i kahi mea ma’amau. Ma hope o ‘elua mahina, ua ho’omaka ka ‘eha a ‘oi koke ka ‘ino. Ua ho’omaka ke kipa ‘ana i nā kauka no ka mālama ‘ana.

Ma ka 2533/6/25 me ko’u ‘ae ‘ia, ua hana ‘ia ke ‘oki; I ko’u ho’omaopopo ‘ana, ‘ike wau ua nalowale ko’u umauma ‘ākau, ‘a’a ko’u lima ‘ākau.

‘A’ole i loli nui ko’u na’au a hiki i ka 2535/1/5, i ko’u ‘ike ‘ana i ka ‘eha ma ko’u ‘ūhā hema, hele au i kekahi mau kauka a ma hope o ka pa’i ‘ana i kekahi mau ki’i, ua ‘ike lākou i ka ma’i ma’i iwi a kauoha i kahi

hō'ike kamepiula no ka osteotomy mai ke po'o a ka wāwae. lawe I kekahi oki hou e pale ai i ka holomua o ka ma'i, ua wehe pu ia ko'u opu a me na ovaries. Ua hala nā lā he kanahā... 'ōlelo mai nā kauka e ho'opa'a hou 'ia au i ka haukapila. Ua ho'oholo wau e hele i waho a ho'omau i ka mālama 'ana ma laila. Ua hele au i ka 'Isera'ela; Ma hope o ko lākou wehe 'ana i ko'u umauma 'ākau, lawe lākou i nā ki'i o ko'u māmā a me ko'u ate i kēlā me kēia 'ekolu mahina. Ua komo nui ka radiation i ko'u kino. Ua mālama lākou ia'u me ka cobalt no nā kau he kanahā, i kēlā me kēia kau kau lākou i ka cobalt ma kekahi 'ao'ao no 'ekolu mau minuke a ma kekahi 'ao'ao no 'ekolu mau minuke.

I ka 'Isera'ela, ho'omaka lākou e ki'i hou i nā ki'i a me nā X-ray, ua ki'i lākou i nā ki'i o ka'u goitre, a'u i hana ai i nā makahiki i hala.

'O ka hope, ua wehewehe ka'u kauka i ke ka'ina hana holo'oko'a ia'u a 'ōlelo mai: "Ua wehe lākou i kou umauma lohi, ua ho'ouka kēia ma'i i 'ekolu 'āpana o ke kino, ka māmā, ke ake a me nā iwi; Ua loa'a iā 'oe ka ma'i kanesa iwi. Ke haohao nei au pehea i haki 'ole ai i ka wā e noho ana ma ka noho mokulele?"

I ka 'Isera'ela, hā'awi lākou i 'umikumamālima mau manawa o ka cobalt. Ua ho'i au i Tehran me kahi pahu piha i nā ki'i, nā leka, nā 'ōlelo kuhikuhi a me nā 'ōlelo kuhikuhi. Ua loa'a ia'u ka chemotherapy no ho'okahi pule ma Tehran, a mai ka 'ehiku o ke kakahiaka a i ka 'elua o ke ahiahi, kau lākou i ka pa'akai ma luna o ko'u po'o. Ma muli o ko lākou ho'ōki 'ana i nā hormones, ua pi'i ke kaumaha o ko'u kino mai kanaonokūmāwalu kilokalo a i kanawalukūmākolū kilo. Ua wānana pū lākou e hā'ule ko'u lauoho a ulu wau i ka 'umi'umi a me ka 'umi'umi. I kekahi lā, i ko'u makemake e lawe i kahi capsule, i ko'u heluhelu 'ana i ka palapala, 'ike wau ua kākau 'ia he 'umikūmālua mau hopena 'ino kēia lā'au a hiki i ka make; Akā, ke ola nei au no laila ua ho'oholo wau e ho'ōki i ka ho'onāukiuki ia'u iho.

He 'umi mahina ma hope mai, ua loa'a ka ho'ololi ko'iko'i i ko'u ola. I ka ha'i 'ana mai o kekahi o ko'u mau hoaaloha, 'o ia ka ma'i lolo, ua 'oi aku ka maika'i o kona mana'o ma hope o ho'okahi mahina o ka hele 'ana i ka vegan maka, ua ho'oholo wau e lilo i vegan maka. I ka lā a'e, ua hele au i ka hui vegans maka me kahi kino ma'i a hoka e a'o e pili ana i kā lākou 'ano mea'ai. Ua 'ai au i ka hapalua maka a me ka hapalua mo'a no kekahi mau lā, ua ho'oikaika nui 'ia au a i ka hopena ua lilo wau i

mea 'ai maka loa. Ma ka 'ai 'ana i ka maka no ka mahina mua, ua hana 'ia kahi hana mana i loko o ko'u kino. Ua ho'omaka hou ko'u lauoho ku'emaka i hā'ule loa; Ua 'oi aku ka ikaika o ko'u hele 'ana, ua ho'omaika'i ko'u mau maka a ua ola hou wau. I kekahi lā, hā'ule au mai ke alapi'i ma luna o ka papahale marble o ke ke'ena 'inikua waena; Ua like au me he mea la e lolo. Me kēlā mau mahina 'elua o ka 'ai maka, ua nui nā loli o ko'u kino i ka wā i ki'i hou ai lākou i ko'u 'ā'i a me ko'u mau wāwae, 'ōlelo ke kauka: "Ua 'oi aku ke olakino o kou iwi ma mua o ko'u." 'A'ohe meheu o kēlā mau 'eha hohonu i waiho 'ia ma ko'u kino. Ua mālama au i nā palapala a me nā ki'i a pau ma mua a ma hope o ka 'ai maka. I kēia lā, ma hope o 'elua mau makahiki o ka veganism maka, ua loli loa wau. 'A'ole au i lawe i ka lā'au i kēia manawa. Ua ho'i ko'u lima 'ākau, ka mea i 'eha loa ma hope o ke 'oki 'ana. 'O ko'u kino, i piha i nā pimples ma lalo o ka 'ili ma hope o ka chemotherapy a me ka 'eha nui, ua maika'i a nalo nā pimples. I loko o kēia manawa, ua nalowale au he iwakālua kilo. I kēia manawa, hana wau i 'ewalu hola i ka lā a 'eleu loa au i ko'u manawa ka'awale. Mana'o wau e ho'olilo i ko'u manawa me ka hau'oli a me ke olakino i kēia ola hou.



'O Maryam Neshan Barjan, hānau 'ia ma Iulai 25, 1931 - Tehran

'O kēia a me nā tausani o nā leka 'ē a'e i loa'a mai ka po'e 'ai maka o nā lāhui like 'ole o ka honua holo'oko'a e hō'ike ana i ka po'e ma'i e ho'ōki i ka ho'ohana 'ana i nā lā'au lapa'au a me nā mea'ai i kuke 'ia e ho'ōla koke 'ia i kēlā me kēia 'ano ma'i i ho'okahi manawa no nā mea a pau.

'O ka nūpepa "AVANGUARD", i pa'i 'ia ma Yerevan, ke kapikala o Armenia, kākau i kekahi o kāna mau puke (1964, No. 98): "He helu o nā 'enekinia, nā mea mele a me nā mea pena ki'i, nā mea a pau. He poe naauao lakou, ua lilo lakou i poe ai maka. Ke hō'ōia'ī'o nei lākou iā 'oe ua 'ike lākou i ka māmā a me ke olakino 'a'ole lākou e honi a 'a'ole 'ike i ka palpitations o ko lākou na'au.

'O ka puke pai 'o Moscow i kapa 'ia 'o "SCIENCE AND LIFE" e ha'i ana ma 'O ka pukana o Malaki, 1965, he nui ka po'e 'ai maka i waena o kāna po'e heluhelu, i ho'ōla 'ia i nā ma'i like 'ole a ua hō'ike i nā mea ho'oponopono i nā kiko'i piha o ko lākou ola 'ana.

I nā kūlana 'a'ole hiki ke ho'omaopopo i ke kumu e hana 'ole ai nā mea olaola a me nā luna kuleana 'ē a'e i nā hana ikaika e ho'okō i nā lōina o ka 'ai maka. No ke aha lākou e kānalua ai i ka wā i 'ike 'ia ai ke ala e hiki ai i kā lākou pahuhopu hope e ho'oku'u i ke kanaka mai nā ma'i a me ka hō'ōia 'ana i kahi ola hau'oli no kēlā me kēia kanaka? Inā koho lākou, hiki iā lākou ke ho'ōla i kēlā me kēia ma'i i loko o 'elua mahina a ho'oka'awale i nā haukapila o kā lākou mau ma'i. Na kēlā me kēia kanaka hanohano e nīnau iā lākou inā makemake lākou e ho'okō i kēia pahuhopu a 'a'ole paha.

Ke hai aku nei au i ko ke ao holookoa, ma keia hope aku, e manaoia ka kaukau ana i na laau awaawa, a me ka manao o na mea ai i moka, ka mea e manaoia'i na hewa puuwai ole loa i ke kanaka, no ka mea, o lakou na kumu.

NO NA MA'I KANAKA.



He 'tlio ke'oke'o nani 7 makahiki, noho 'o Jackie me mākou ma ke 'ano he vegan maka mai ka wā mua o kona ola 'ana.

I kēia manawa ua ma'alahi ka hō'ike 'ana he mea kūlohelohe 'ole ka 'ai 'ana i ka 'i'o no nā mea 'ē a'e holoholona, a 'a'ohe mea 'ai maoli. Ua ma'a 'o Jackie i ka mea'ai a mākou e 'ai ai mai ka hānau 'ana. 'O ka hapa nui o kāna mea'ai he palaoa, lā, huawaina, pistachios, salakeke a me nā hua'ai like 'ole, 'o kēia mau mea a pau ma ke 'ano ola (raw), no ka mea, 'a'ole i loko o ko mākou hale kahi mea'ai make. 'Ai nō ho'i kēia 'tlio i nā aniani a me ka radish me ka makemake nui. Ke lawe mākou iā ia ma waho o ke kūlanakauhale, 'ai 'o ia e like me ke keiki hipa ma nā kula uliuli. Ke ho'ohālikelike 'ia me nā 'tlio 'ē a'e, olakino maika'i kēia 'tlio, hou a piha i ka ikehu. Inā makemake mākou e ma'a i nā keiki liona, nā leopadi a me nā 'tlio hae e 'ai i nā mea kanu e like me kēia 'tlio, ma hope o kekahi mau hanauna, e ha'alele loa lākou i ko lākou huhū a noho mālie, a hiki iā lākou ke noho pū me nā holoholona 'ē a'e e like me nā bipi. Akā, 'a'ole hiki iā mākou ke ho'oma'ama'a i nā bipi i ka 'ai 'ana i ka 'i'o.

He aha ka mea e pale aku ai?

'O ka hua malo'o i hana 'ia me ka sulfur a i 'ole ka wai 'oi a i ole me na mea kemika e ae, aole pono e hoopau ia, no ka mea, aohe ona waiwai a he mea make wale no, i hiki ole ai i na ilo ke hookokoke aku. 'A'ole pono 'oe e 'ai i kēlā 'aila 'oliva i kānana 'ia me nā kemika a 'a'ohe ona kala maoli a 'ala a 'ono.

a ua lilo kona waiwai i mea'ai. 'A'ole mana'o 'ia nā 'oliva pa'akai, nā kukama pickled a me nā pickles i ho'omākaukau 'ia me ka pa'akai a i 'ole ka vinega he mea'ai ola a kūlohelohe. Eia kekahi, 'o ka vineka, ka waina a me nā mea 'ai i ho'i mai i ko lākou kūlana kumu a me ke 'ano maoli, 'a'ohe waiwai waiwai. Ho'omākaukau pū 'ia ka pa'akai ma ke 'ano e wela a 'ino, 'oi aku ka pono o ka pa'akai e pono ai ke kino, aia i loko o nā hua'ai a me nā mea kanu. Mai ho'ohana i ka permanganate a i 'ole nā mea disinfectant e holoi i nā hua'ai a me nā mea kanu.

E pale i nā lumi wela, nā lole wela a me ka ea lepo. Mai ho'ohana i ke kopa a i 'ole shampoo, aia i loko o lākou nā kemika e pō'ino i ka 'ili a me ke kino; E 'au'au i ka wā hiki.

'A'ole 'ai nā vegan maka i nā mea'ai kūlohelohe, kuke, 'i'o a me nā mea momona makewai loa; 'A'ole ia e 'ai i nā calorie waiwai 'ole e ho'opau 'ia me ka wai anuanu, 'a'ole ia e ho'opiha i kona wahi me ka wai. Eia kekahi, ua lawa ka wai me ia mau mea'ai maoli. Ua hana ka Nature i nā mea'ai kūlohelohe i piha i ka wai i ke kauwela a ha'aha'a i ka wai i ka ho'oilo. Ke makewai ka mea 'ai maka, ho'opau 'o ia i kona makewai ma ka 'ai 'ana i ka kukama a i 'ole ka tōmato a i 'ole ke kī'aha wai hua'ai a i 'ole ka wai puna ma'ema'e. No kēia kumu a no ka ho'ohui 'ana i ka wai i ka compote a me nā mea 'ē a'e, pono kēlā me kēia mea ola e ho'omākaukau i ho'okahi a 'elua paha aniani wai puna i kēlā me kēia lā. Ma ke kumu, 'a'ole pono e 'ae ka mea 'ai ola i kekahi mea kemika a mea 'awa'awa paha i loko o kona kino, 'oia i nā he lī'lī'i loa ka nui; 'a'ole pono 'o ia e inu i ka wai paipu. He chlorine a me ka fluoride keia wai, a no ka mea, he mana kona e pepehi i na microbes, he mana no hoi kona e hoino i na keena o ke kino kanaka. He ma'alahi nō ho'i nā pūnaewele kanaka e like me nā microbes, ua make koke lākou a hā'ule, lohe 'ia nā 'ōlelo ho'ohewa ikaika ma ka honua holo'oko'a no kēia hana hewa. Ho'oha'aha'a kekahi po'e i kēia lā'au 'awa'awa, lawe lākou i kēia wai paipu, ho'ohui i kekahi mau kemika hou a me nā mea 'awa'awa i loko, hana ia i nā waiho'olu'u 'oko'a a kapa 'ia he mea inu 'ona 'ole.

Ho'okahi manawa i ka mahina, lawe mākou i kekahi mau hue wai mai ka punawai Vanak o Tehran kokoke iā mākou a ho'ohana. Nui ka 'oko'a ma waena o ka 'ono a me ka 'ala o ka wai puna a me ka wai kī.

'O ka pīpī 'ana a me nā mea kanu kemika kekahi o nā hana na'auao a ka po'e "civilized" o kēia au. 'O ka po'e mo'opuna e 'ona i ka honua me

nā mea kanu kemika a ho'onui i ka nui o ka huahana a ho'oha'aha'a i kona maika'i; e pipi lākou i nā hua'ai a me nā hua'ai ke o'o a kū'ai koke aku i nā kānaka. Ma hope mai, 'o ke kauka pono'i, nāna i haku i kēia pulupulu, 'ike i ka hopena maika'i 'ole o kāna hana pono'i a ma kahi o ka ho'ōki 'ana, pāpā 'o ia i ka 'ai 'ana i nā hua'ai a me nā mea kanu.

I kēia manawa e like me kēia, 'a'ole pono nā kānaka e ho'ohana i ka pō'ino 'o ka pulupulu 'ana ma ke 'ano he kumu a kuke i nā hua'ai a me nā mea kanu. No ka mea, inā ho'opau ka pulupulu i ka waiwai o ka huahana ma ka la'ana he 10%, ho'opau ka kuke 'ana i ka waiwai ma 100%, a i ka manawa like, ho'opuka 'o ia i nā mea make i ka mea'ai make ma mua o ka pīpī 'ana. Pono nā kānaka e holo maika'i i kēia mau mea'ai 'ona a i ka manawa like e hakakā me kēia hana ho'omāinoino. I kēia manawa ua ho'oki'eki'e 'ia ka leo o nā kānaka mai nā wahi a pau o ka honua. Ho'okumu lākou i nā hui, pa'i i nā nūpepa, a wehe i nā hale kū'ai kūikawā a me nā sanatoriums a me nā hale noho e hānai i nā po'e me nā mea'ai i hana 'ia me ka 'ole o nā mea kanu a me nā pesticides. 'O kekahi o ko'u po'e haole, e kū'ai i 'āina no lākou iho e loa'a kahi kīhāpai pilikino a hā'awi i kā lākou mau hua'ai a me nā mea kanu me ka 'ole o nā mea kanu kemika a noho i ke kū'oko'a maoli.

Adventure of the Tehran RawVegans Association Ua ho'oholo wau e unuhi a

ho'olaha i ka'u puke ma ka 'ōlelo Farani, Kelemānia, Paniolo a me 'Alapia, a hana pū kekahi i nā puke mai nā leka hoihoi loa a ho'onui i ka'u hana honua, akā ua koi nā hoaaloha a me nā mea'ai maka e ho'okumu i kahi hui ma Tehran . Me kekahi mau mea ho'okumu, ua hō'ili'ili mākou i kahi kālā ma waena o mākou, ho'omākaukau i kahi palapala ho'ohui a ho'omaka i ka hana. Ua hā'awi aku au i ka'u mau lumi nui 'elua ma ka papahale o ko'u home me ka wai, ka uila a me ke kelepona me ka uku 'ole 'ia i ka hui a ua ho'ohana au i 'elua makahiki a me ka hapa i ka mālama 'ana i ka hui a me ka hale 'aina vegan maka. Ua hō'ili'ili au i nā lālā i kūpa'a i ka'u kumu a me ke kumukānāwai o ko mākou kaiāulu, a ua ikaika lākou, kōkua, ho'onohonoho i nā hālāwai aloha, kama'ilio e pili ana i nā hopena i loa'a iā lākou mai ka 'ai maka, hō'ili'ili i nā makana, a ua 'aka'aka lākou e like me ka 'ohana nui a ma kēia. ala mākou i hō'ili'ili ai ma kahi o 900 mau lālā.

Ho'okahi makahiki ma hope o ka ho'okumu 'ia 'ana o ka hui, 'o Mr. Javad Ramezani, ua ma'i nui a ua 'oki nā kauka i kona 'ōpū a

duodenum a ho'ololi i kona 'ōpū, hele 'o ia i ka lā'au i ka wā e make ana (e like me kāna 'ōlelo) a lilo i lālā, lilo 'o ia i mea 'ai maka a ho'opakele 'ia mai ka make. Ua hoihoi nui 'o ia i nā hana a ke kaiāulu a ua koho 'ia 'o ia i lālā o ka papa alaka'i. 'O ka mea pō'ino, 'a'ole hiki iā ia ke ho'omaopopo i ke kumu hohonu a ma'alahi o ka veganism maka. 'Ōlelo'o ia i kekahi manawa: "'A'ole i hiki i ko'u mana'o i ka mana'o o Aterhov, hiki paha i laila i kekahi lā." Ua kali au i kēia mau lā no nā makahiki, akā makehewa. Ua 'ōlelo 'o Mr. Ramezani: "'A'ole pono 'o Aterhov e ho'ouka i nā kauka a me nā 'epekema lapa'au a ho'ohewa i kā lākou mau hana hewa." Akā 'a'ole i loa'a ia'u kēia mana'o a makemake wau e ha'i i ka po'e i ka 'oia'i'o.

I ka lilo ana o na hana o ka laau kala i mea maikai iki, ua hookahe au i ka papahale mua o ko'u hale, ua hoohui aku au i na keena mua me ka hapakolu o ka uku hoolimalima i haawiia mai e ka poe kalepa, a haawi aku la au i ka laau (no ka'u ka hapalua o ka hale. wahine. 'A'ole au e ho'olimalima i ka'u hapalua). Me ka'u mau lilo pono'i, ua wehe au i kahi puka kūikawā i ke alanui a kūkulu i kahi hale lalo he 30 cubic mika no ka mālama 'ana, 'a'ole mālama nā lālā o ke kaiāulu i nā hālāwai ma'amau, ua koho mākou i papa alaka'i ma waena o kekahi o nā lālā ikaika, a ma ke 'ano no ka hooiaio ana ia Mr. Ramezani ua hewa kona manao, ua ae aku au iaia e koho i ka papa. Ua koho 'o ia iā 'O Mohammad Kaar (Kōkua o Tehran Medical University) ma ke 'ano he Luna Ho'okele o ka Papa Ho'okele. Ua kākau kēia kauka i kahi puke i kapa 'ia 'o "Raw Vegetarianism" piha i nā 'ano hana ho'okolohua lapuwale a me ka mana'o 'ole a ua ho'opau 'o ia i ka manawa o ke anaina me nā ha'i'i'ōlelo waiwai 'ole. Ua ho'okumu koke 'o ia i kahi haunaele i ka hui e pono ai mākou e kipaku iā ia mai ka lālā e like me ka Paukū 29 o ke kumukānāwai hui. Ua hele pū 'o ia me kekahi o kona mau mana'o like, ho'opukapuka kālā a wehe i kahi hui i kapa 'ia 'o "Scientific Raw Vegetarianism" ma nā Kuhina St, ua nalowale kēlā me kēia kanaka he 40 a 50 mau tausani tomans a pani 'ia, mihi kekahi po'e i kā lākou hana a hui hou i kā mākou hui. 'A'ole i a'o 'ia 'o Mr. Ramezani i kāna hana hewa, akā na'e, ma kahi o ke kauka ho'okahi, ua lawe mai 'o ia i 'elua a 'ekolu mau kauka 'ē a'e i loko o ka hui e ha'i'i'ōlelo.

Inā ua 'ae lākou i ka'u mau 'ōlelo a'u i kākau ai i nā makahiki i hala aku nei ma ka puke Raw-Eating, e ola ana ka hapa nui o ka po'e i make i nā makahiki i hala. No ka la'ana, 'o Kauka Iqbal, ke po'o o ka 'ōnaehana olakino,

nana i haawi ia'u i ka aha e hoopaia, aka, ua hoopaia oia ma ke ola maoli a make. 'O ka mea pōmaika'i, ua ho'opau ka 'aha i ka ho'opi'i o ka 'ōnaehana olakino ma ke 'ano he kumu 'ole a ua ho'oholo i ko'u makemake. Ua 'ōlelo ka 'ōnaehana lapa'au ke ke'ake'a nei au i ka "'epekema" lapa'au akā 'a'ohe a'u mea e hana ai iā lākou, ke hō'ike wale nei au i ke 'ano o ke 'ano a 'o kēia ala pololei e mālama ai i ka olakino a ho'ōla iā lākou, a 'o ka hopena, Ho'opa'a 'ia ke ala loa'a kālā o nā kauka, akā 'a'ohe kanaka pā'oihana makemake i kāna 'oihana 'imi kālā e luku 'ia! I loko o ka puke "Raw-Eating" kahi i unuhi 'ia ai ka 'ikepili o ka mea'ai maka a me ke alaka'i 'ana o kēia puke, ua ho'okumu 'ia ka hui o nā vegans maka, ua 'ōlelo 'ia kekahi mau kumu kumu e hō'oiia i ka hewa a me ka pō'ino o ka 'epekema lapa'au.

Ke hilina'i nui nei au i ke kahe o kēia hui a me ka hui no ka mea ua loa'a ia'u e hō'oiia i ko'u ho'opau 'ana i ko'u manawa a pau no 'eono makahiki, ha'alele i nā hana honua, hana ikaika a ho'olilo i ke kālā, akā ua pau kēia mau ho'oikaika 'ana no ka mea he mau mea ho'opunipuni, lawe lākou i ke kaiāulu, ka hui, a me ka hale 'aina me kāna waiwai a pau. a me nā lako mai ia'u a me nā lālā maoli o ke kaiāulu a hā'awi iā lākou i nā hoa paio. Mr. Javad Ramezani, he kanaka kalepa waiwai lokoino a puni kālā; 'A'ole hiki iā ia ke ho'omaopopo i ke 'ano hohonu o ke akeakamai ma'alahi a maika'i loa o ka veganism maka, kū'ē i ko'u mana'o, mana'o 'o ia e hiki koke ana 'o ia i kāna huaka'i ma o ka 'epekema. Ua mana'o'i'o nui 'o ia i kona mana'o a ua pa'a loa 'o ia iā ia iho a ua ho'oholo 'o ia e hana i kahi mea e kipaku ia'u mai ka hui a ho'onoho iā ia iho ma ko'u wahi a me kāna 'epekema 'epekema ma kahi o ke kāmāwai o ke 'ano. Ho'okomo lākou i ka puke "Eat and become beautiful" a Kauka Majdi ma mua o ka puke 'ai maka a lawe i ka hui me ke kōkua o nā kauka. No ka ho'okō 'ana i kēia pahuhopu pō'ino, pono 'o ia e ho'ohana i nā haneli he nui, ka uhaki kāmāwai, ka wahahe'e, ka ho'oweliweli, ka ho'oweliweli, ka ho'okūkū, a me nā mea 'ē a'e. .

Ua kōkua 'o Mr. Mahtabi, he 'enekini mahi'ai he 28 makahiki i pakele i ka ma'i ma'i kīkī ko'iko'i ma ka 'ai 'ana i ka mea'ai maka, ua kōkua i ka ho'oponopono 'ana i ka hui no kekahi mau mahina. He kanaka 'ōpio akamai 'o ia i hana ha'aheo i nā uwila, paipu, pena a me ke kamana o ka hui me ke kōkua o

Mr. Safarzadeh. A laila ho'okele 'o ia i ka hui holo'oko'a a me ka hale 'aina no 'eono mahina. Ua a'o 'o ia i ka ho'omākaukau 'ana i nā salakeke maka a kākau i kahi puke i kapa 'ia 'o "Raw vegan foods, the only human food". Ua makemake o Mr. Mahtabi e kukulu i hui mahiai no ka ahahui, aka, ua waiho wale ia kona manao no ka loa ole o ka aina kupono; 'A'ole waiwai nui 'o Mr. Mahtabi, a inā mākou i hā'awi iā ia i kahi uku lī'lī'i no ka mālama 'ana i ka lā'au a mālama iā ia, inā 'a'ole i loa'a kā mākou hui i kēia kūlana pō'ino, akā ua ho'opilikia nui 'ia 'o Mr. Ramezani a holo 'o ia mai o mākou aku. a olelo aku ia i kona mau hoa: "E hele au, ai moa a make." A pēlā nō 'o ia i hana ai. Ua hele 'o ia i Khorramshahr, loa'a kahi hana ma Keshavarzi bank, ne'e aku mai ka home, nā hoaaloha a me nā kānaka, noho ho'okahi, kuke 'ia, a 'o ka hopena, ua 'ike hou 'ia kona ma'i ma'i a pepehi iā ia.

Ua hana ikaika 'o Mr. Manouchehr Saffarzadeh no ka hui a kōkua, akā, no kona ho'omaopopo 'ana i ka 'ike hohonu o ka veganism maka 'oi aku ka maika'i o nā mea āpau a pale mau iā ia, no ka nānā 'ana o Mr. Ramezani iā ia he 'enemi, ma kēia 'ano. Ua hoopuehuia ka papa. Ua hele 'o Mr. Safarzadeh i Shiraz a 'o Mr. Abulfazl Sadarat i hele iā Jahrom, Mr.

Noho 'o Ramezani lāua 'o Mr. Kayhani, 'a'ole he kanaka ko'iko'i 'o Mr. Abulfazl Kayhani, he hoahānau 'o ia no Mr.

Ua huaka'i au i nā 'āina 'ē i 'ekolu a 'ehā paha manawa a puni kēia manawa, kono mai nā vegans maka ia'u ma ka honua holo'oko'a, makemake lākou e 'ike ia'u, a i kekahi manawa hele wau e 'ike iā lākou. Ma kēia mau kūlana, ua 'ike 'o Mr. Ramezani i ka waiho 'ole 'ia a ho'omaka i kāna dictator. He kumukānāwai kā mākou i haku 'ia e nā loio 'ike i 'ike mua i nā mea a pau a ho'oikaika i ko'u mana e pale aku i kēlā mau hewa; 'A'ole 'ike 'o Mr. Ramezani i ke kānāwai. No ia, 'o ke kānāwai kona makemake.

Wahi a ka Paukū 18, 21, a me 29, Mr. Ramezani a me Mr.

Ua kipaku 'ia 'o Kayhani mai ke kaiāulu ma ke kānāwai, a 'o kēlā me kēia hana a lākou i hana kū'ē mai ia'u, 'a'ole kānāwai a koi 'ia. Inā makemake wau, ua hiki ia'u ke ho'ohana i ko'u mana i ka manawa, wehe iā lākou a lawe i ka ho'okele o ka 'ahahui, akā me ke 'ano 'ē a'e, ua loa'a ia'u kahi hoihoi kūikawā iā Mr. ua ikaika a kokua i ka ahahui. Ua ho'onohonoho 'o ia i kahi seminar ma kāna kīhāpai. 'A'ole au i makemake e ho'onāukiuki iā ia; Ua kali mau wau iā ia e 'ae i kāna kuhi hewa a ho'i mai i o mākou nei.

Malia paha e ho'omā'ewa'ewa ana 'o ia ia'u a mana'o iā ia iho he na'auao no ka mea 'ae 'o ia i ka 'epeke ma lapa'au, akā 'a'ole wau. Ua 'ōlelo 'o ia: "Pono kekahi e ho'ohana i nā 'ano mea āpau a me nā ho'olālā e hakakā ai." Ua hoono ho o Mr. Ramezani i kekahi o kona mau hoa a me na hoa papa, o Mr. Mostaan, i mea malama buke, nana e lawe i na dala a pau i ohia mai ke kuai ana mai o ka hale aina, ke keena, a me na lala i ka banako a ninini aku iloko o ka waihona pono i Mr. Ramezani. He aha ka hana a Mr. Ramezani me kēia kālā? 'A'ohe mea 'ike a pane 'ole i kekahi. Ua hana 'o Mr. Ramezani i kahi sila; Ma nā lā Sābati a me nā Pō'alua mai 16:00 a 20:00 a ma nā Pō'alima mai 13:00 a 15:00 nā ha'i'ōlelo a ua nānā manuahi 'ia nā ma'i e nā kauka a me nā mea'ai mea'ai. Kau 'o ia i kēia sila ma nā pepa a'u i pai ai ma ka'u uku pono'i, no ka mea, 'a'ole ho'olilo 'o Mr. Ramezani i ke kālā ma ka ho'olaha. Ua ho'opi'i mai ka 'ōnaehana olakino ia'u e ke'ake'a nei au i ka hana lapa'au, i kēia manawa ke hana nei 'o Mr. Ramezani i kēia.

Ua ho'omaka lākou i ka acupuncture ma ka hui no kekahi manawa; 'O nā wāhine, nā kamali'i, nā 'elemakule a me nā 'ōpio, e noho ana ma ka paia me nā nila i ho'opa'a 'ia ma ko lākou mau pepeiao, ka ihu, nā lehelehe, ka lae, nā lima a me nā kuli e like me nā ki'i hāmau! Ke kali nei lākou i ka lele 'ana o ka ma'i mai ka piko o ka nila a ho'opakele iā lākou! He aha nā hi'ohi'ona 'aka'aka 'a'ole i hana 'ia e ka na'aupō o ka po'e kuke? Ua hā'awi 'o Kauka Nawab i kahi ha'i'ōlelo ma o ka ha'i'ōlelo o ka hui a ho'olaha 'o ia 'a'ole 'ae 'o ia i ka mana'o o Hovannessian. Maika'i loa, e Mr. Nawab, inā 'a'ole 'oe e 'ae i ko'u mana'o, he aha kāu e hana nei ma kēia hui? He mau miliona ka po'e o ka honua e kū'e nei i ka mana'o veganism raw, aia iā lākou ke kuleana āpau e komo i kā mākou hui pono'i a 'ōlelo kū'e iā mākou? I ko'u hoopuka ana aku i ka hoolaha e pili ana i keia mau mea e hoike aku ai i na lala, ua huhu keia ia Mr. Ramezani; Ua hoololi ae la oia i ka laka o ka puka o ka pa, kahi a'u i kahi ai ia'u iho a kanu i na pua, i hiki ole ia'u ke komo iloko o ka pa e hooinu i ka mahinaai; Ua pa'a ka puka o ko'u ke'ena a pono wau e wehe i kahi puka hou i ko'u ke'ena mai ke alaloa. Ua pa'a pū ka puka komo o ka lā'au mai ke alahaale ma hope.

'O ka manawa kēia e koho ai i papa alaka'i hou. i ninau aku ai o Mr. Ramezani kekahi poe e hoomakaukau i na kono. Ua kākau 'ia nā kono a waiho 'ia i loko o nā envelopes. Ua lawe aku o Mr. Ramezani i keia mau envelope i kona home e hoailona a e kau aku, aole nae i hookauia aku kekahi o ia mau envelope, i ole ai kekahi.

ua ike na lala o ka aha i ke koho ana i ka papa kuhikuhi hou. Iloko o keia mau la, ua ohi o Mr. Ramezani i na palapala a pau a na lala a lawe aku i kona home. Ua kauoha 'o ia iā Mr. Mostaan e 'ae 'ole i kekahi i lālā. He hewa nui kēia. Ua ninau aku kekahi ia Mr. Ramezani, ua makemake kekahi keonimana e lilo i lala, no ke aha la oe i ae ole aku ai? A pane mai la ia: "Aole au i makemake i kona helehelena." 'A'ohe dictator ma ka honua e makemake e hā'awi i kēlā pane 'ino. Ma kona hale, ua kono aku o Mr. Ramezani i na hoaloha, na hoaloha, na hoalauna, na hoahanau, a me na kanaka e ae no ka aha, a haawi aku i kela a me keia o lakou i palapala lala i hiki ia lakou ke komo iloko o ka hui a koho iaia ma ka la koho.

Ma ka la koho balota, ua komo o Mr. Ramezani i ka hui me ka hui o ka poe hoopunipuni e ai maka ana a me ka kikokikona o ke kumukanawai hou, me ka inoa hou, me ka hou kikowaena a me ka hou philosophy, i ho'oholo 'ia e Mr. Ramezani i loko o kona hale me ho'okahi wale nō koho "huna". Ua ho'olauna 'o ia i kahi hui o nā kauka a me nā mea 'ē a'e āna i koho ai ma kahi koho "huna" a 'ōlelo 'o ia: "'O ka mea 'ae, e hāpai i kona lima." Hapai ae la kekahi mau mercenaries i ko lakou mau lima me ka pihoihoi a ua olelo aku o Mr. Ho'olaha 'o Ramezani: "Ua 'ae 'ia." Ua kū'ē kekahi mau lālā maoli o ka hui. Ua komo au i loko o ka hui mai ko'u hale aku a ho'olaha aku ua hō'ole 'ia 'o Mr. Ramezani mai ka hui kaiaulu no ka manawa lō'īhi, no laila 'a'ohe ona kuleana koho a koho 'ole a koho 'ia. He kanawai a hoopunipuni keia koho balota. Ua kākau inoa 'o Mr. Ramezani i kēia koho a 'a'ole mākou i kū'ē no ka mea 'a'ole pili kēia hui hou iā mākou. He kaiāulu hou kēia me ka inoa hou, me kahi kumu hou, me kahi wahi hou, me ke kumukānāwai hou, me nā puke hou, me kahi mea ho'okumu hou a me ke kākau 'ōlelo. Ua noa nā kānaka a pau e koho i kahi pahuhopu nona iho, e hō'ulu'ulu i kekahi mau kānaka like like a puni iā ia, e ho'okumu i kahi hui a ho'opa'a inoa; Akā ma ka mo'olelo, 'a'ole i 'ike 'ia ke komo 'ana o kahi hui kū'oko'a i ka heluna kanaka o kona mau hoa paio, ho'onohonoho i kahi koho ho'opunipuni nona iho, ho'opau i nā mea ho'okumu nui o ke kaiāulu, a hopu i nā waiwai āpau o ka heluna kanaka mua. Me he mea lā inā ho'opilikia ka 'enemi i ke kūlanakauhale, wehe kekahi mau kama'āina o ke kūlanakauhale i ka puka a hā'awi i ke kūlanakauhale i ka 'enemi. Kū'ē ka hui 'ai maka i ka hana hewa a nā kauka. 'Ōlelo ka Paukū 17 o ke Kumukānāwai: "'A'ole loa ka vegan maoli

ma'i a 'a'ole pono ka lā'au lapa'au a me nā ka'ina hana."

E pili ana i nā pō'ino a me nā pō'ino, ho'oma'ama'a mākou i nā kauka lapa'au vegan maka e hana me ka 'ole o ka lā'au antibiotic, 'a'ohe serum a me ka protein holoholona.

Ha'i mai lākou ia'u "no ke aha 'oe i 'ae 'ole ai i kēia mau kauka maka 'Ai a kama'ilio e pili ana i ka mea'ai maka?" 'A'ole 'oia'ʻo. Ua ha'i 'o Kauka Majdi i ka po'e: "I kekahi manawa hiki iā 'oe ke 'ai i ka moa, 'a'ohe pilikia." A 'ai 'o ia iā ia iho, mana'o 'o Dr. Nawab e ho'omaka mālie ka mea'ai maka.

Mai ka nānā a me ke 'ano o Kauka Rashti (kekahi o nā lālā hou o ka papa), hiki ke ho'omaopopo 'ia 'a'ole ia he vegan maka. Ua ho'olilo kēia mau kauka i ka hui mea'ai maka i ke kikowaena o ka ho'olaha a hō'ilī'ili i nā mea kū'ai aku no kā lākou ke'ena e loa'a ai ka kaulana. Ua lilo 'o Kauka Nawab i luna ho'omalua o ka papa alaka'i, he aha kona pelekikena? 'O ia wale nō kāna kama'ilio e pili ana i ka protein a me nā huaora no ho'okahi hola o ka pule a 'o ia nō? Pono ka peresidena e hoomalua i na hana o ka hui.

Mana'o wau pehea 'o Kauka Majdi, Kauka Nawab, Kauka Rashti a me nā papa 'ē a'e nā lālā i koho 'ia e Mr. Ramezani, me ka nui o ko lākou kūrē 'ana i ko'u mana'o, pehea lākou i 'ae ai e komo i kēia koho ho'opunipuni me kēia hana hilahila a ho'opau iā Hovannessian, ka mea nāna i ho'okumu a kākau 'olelo mau o ka hui? Ua pani lākou i nā mea ho'okumu, ua lawe lākou i ka lā'au a'u i hana ai a mālama 'ia no 'eono makahiki mai ko'u lima aku, a ua lawe ikaika lākou i ka hui me kāna mau lako a me nā pono āpau. 'A'ole pono kā mākou hui i nā ha'i'olelo "'epekema". Ke 'ae mākou i ke kauoha o ke 'ano "mai 'ai i ka mea i kuke 'ia, mai 'ai i nā holoholona, e 'ai i ka mea'ai vegan maka e like me kou makemake a me nā mea āu e makemake ai." 'A'ole pono mākou e lohe i kekahi mea 'ē a'e.

Mana'o 'o Mr. Ramezani iā ia iho he kanaka 'epekema. Ke ho'opuni mai ka po'e 'ai maka ia'u a nīnau i nā nīnau, komo 'o Mr. Ramezani i ke kama'ilio a kama'ilio e pili ana i ka glucose a me ka glucogen. I kekahi lā, i ka wā o ka ho'opa'apa'a, ua ho'omaka 'o Mr. Kayhani e 'olelo 'ino mai ia'u. Hāpai 'o ia i kona lima a ho'ōho 'elima a 'eono paha manawa: "Armenian, Armenian, Armenian." Me he mea lā he 'ano hō'ino ka 'Amenia! Ha'aheo wau i ko'u 'Amenia a ha'aheo wau 'o Aryan a noho au ma Peresia. 'A'ole i hana 'ino 'ia ka po'e 'Amenia e nā hoa kama'āina Peresia a ua hau'oli mau lākou i ko lākou mahalo. 'O ka ho'okumu 'ana i ka inaina ma waena o nā lāhui kekahi o nā mea 'ino loa. Ua like kekahi

Ia i ka halawai a ka papa, i ka hoopaapaa ana, ua pau ka manao o Kauka Kaar no kekahi manawa a hoomaka ae ia e hoohiki ino mai ia'u ua lohe wale au mai ka waha mai o na kanaka ma ke alanui i ko'u ola ana. E noho malie ana au, e nana ana me ka pihoihoi i ka nalowale ana o keia kanaka hanohano a maopopo ole i kana olelo. Pa'i akula 'o ia i kona mau lima ma luna o ka papa'aina a 'i akula: "E pi'i 'oe i luna a noho i loko o kou lumi, eia ko kāua, 'a'ole kou." No ka mea, i ka manawa ma mua, ua mihi 'o ia i kāna 'ano a ua pūliki mai ia'u, honi mai ia'u a kala mai, kala aku au iā ia; Akā 'o ka lua o ka manawa ua hele loa i waho o nā palena. Pono mākou e kipaku pū iā ia me Mr. Azdanlou, 'a'ole wale mai ka papa alaka'i, akā mai ka lālā o ka hui.

I mea e ho'onāukiuki ai ia'u, 'a'ole i uku 'o Mr. Ramezani i ko'u ho'olimalima no 'elima mahina. I kekahi lā, ua pupule 'o ia i loko o ka lā'au a i kona 'ike 'ana mai ia'u e kama'ilio pū ana me kekahi po'e e pili ana i ka 'ai maka, kāhea 'o ia "E hele i waho." A laila, kauoha 'o ia i ka limahana āna i ho'olimalima ai: "E kiola i kēia." Ua hookuke mai keia kanaka hana ia'u a kiola ia'u mai ke alapii o ka puka komo, a hina au ilalo i ka honua a ku ko'u poo i ke kaa kalaiwa a eha. Inā 'a'ole wau he mea'ai maka, inā ua loa'a ia'u ka ma'i ma'i. Ua hele mākou i ka māka'i a mai laila aku i ke kauka, makemake kēia mea hana e ho'oku'u iā ia iho a 'ōlelo hou aku me ka leo nui: "Ua 'ōlelo 'o Aterhov inā 'oe e ho'opā i ka papa'aina, e lilo 'oe i ke kaumaha." Ua a'o nui 'o ia mai ka 'ai maka! Ua makemake nō ho'i 'o Mr. Ramezani e hō'ike i kekahi mau pepa i ka mea noi'i, akā ua ho'ohuli ka mea noi'i i hope. 'Oia'i'o, 'o Mr.

Ua makemake 'o Ramezani e hō'ike i kāna kumukānāwai kaulana a hō'oi'a 'o ia ke kākau 'ōlelo o ke kaiāulu a 'o wau ka mea ho'opilikia. He aha ka'u e hana ai ma 'ane'i? Kala aku au a puka iwaho; 'O kēia paha ka hi'ohi'ona hope o ka ho'omake'e a i 'ole ka pō'ino? 'a'ole maopopo ia'u; E pane mai o Mr. Ramezani. Ua ho'oweliweli pinepine 'o ia ia'u e hana 'o ia i mea e koi ai ia'u e holo kohana mai Peresia aku! Malia paha 'o ia kāna ma'amau no ka mea 'ai'ē 'o ia i kona ola i ka'u kumu. He 'ano mahalo ho'i kēia. I ko lākou nīnau 'ana iā ia: "A laila 'auhea 'o Aterhov?" Pane 'o ia: "He kū'ē 'o ia i ka 'epekema." Ma 'ane'i ke ha'i aku nei au no ia mai kekahi pō'ino i ko'u ola a me ko'u waiwai (a i 'ole nā mea komo like).

'O ka mana'o pono'i a me ka huhū na'aupō e alaka'i i kekahi po'e a hiki i ka'u puke kelepona i loa'a nā inoa o nā lālā a pau.

ua ho'opa'a inoa 'ia a 'elua mau waihona i piha i nā leka Pelekane (ma kahi o ho'okahi tausani) e nalowale ana mai ko'u ke'ena. 'A'ole hiki ia'u ke ha'i aku na wai kēia hana 'ino a pono 'ole, akā 'ike wau he hana ia na kahi kanaka makemake e launa pū me ka po'e hahai o ka veganism maka a hō'ino iā lākou. Ua maopopo 'a'ole hiki i ka mea nāna lākou i 'aihue ke ho'ohana i ka lehulehu. 'O ka mea nāna i hana pēlā, no ka na'aupe. Ke kala aku nei au a ke noi aku nei au, ina e manao oia i ke kanaka iki iloko o kona puuwai, mahope iho o ka loa ana o kona manao mai ia lakou mai, e hoihoi mai i keia mau palapala ia'u; no ka mea, he mea ko'iko'i loa kēia mau leka ia'u a no ka mō'aukala o ka veganism maka i ka wā e hiki mai ana.

I kēia manawa 'a'ole au e hele i ka hui, hele mai ka po'e i mālama 'ia i ka papahale 'elua o ko'u villa e ho'omaika'i a loa'a ka 'ike a kū'ai i nā puke. Ua ho'okumu mākou i kahi kaiāulu me kahi philosophy i kākau 'ia ma ka puke o ka mea'ai maka. 'A'ole hiki i ka mea 'ae 'ole i kēia puke ke lilo i lālā o kēia kaiāulu. 'O nā kauka e makemake ana e lilo i lālā o ka hui vegans raw, pono lākou e pani i ko lākou mau ke'ena a 'a'ole e kākau i nā 'ōlelo kuhikuhi a i 'ole nā mea 'awa'awa i nā ma'i, akā he mau kauka lākou a 'a'ole hiki iā lākou ke ha'alele loa i ko lākou 'ike hewa, a inā hana lākou, 'a'ohe mea hana a 'a'ohe mea e 'ōlelo ai. 'Ōlelo lākou i loko o kā mākou hui e pili ana i nā huaora, nā protein a me nā waiwai o nā mea kanu. 'O kēia mau hua'ōlelo he mea lapuwale wale nō, nā mo'olelo, ka no'ono'o a me ka hana. I ka ho'omaka 'ana, 'ekolu manawa o ka pule a lākou i a'o ai, ma hope ho'okahi lā o ka pule a ho'okahi hola wale nō. 'A'ole koke e luhi ka po'e i ka lohe 'ana i kēia mau 'ōlelo a pau ka 'ōlelo, he aha kā lākou e hana ai? Pehea ka nui e hiki ai ia lakou ke hoopunipuni i kanaka?

Ma hope o nā mea a pau, inā i kahi lā, ho'onui 'o Ramezani i kāna mau ha'awina a 'ae i kāna mau hewa, ha'alele i ka 'epekema lapa'au, ho'i i ke 'ano a waiho i nā kānāwai o ke 'ano, ua hāmama mākou e 'ae iā ia a e ha'alele wau i nā pilikia i hana 'ia mai ia'u; 'A'ohe huhū i loko o ke 'ano o nā vegans maoli maoli, ua kala mākou.

Ke kū nei ka Raw-Veganism
mamua o na kipi²³⁰ a pau o ka moololo



‘O Ms. Astrie me kahi pū‘ulu o nā keiki maka-vegan mai ka hale makua ‘ole



He pū‘ulu o nā keiki vegan raw ma ka hale hānai makua ‘o Nancy Anna Zabler ma Australia



'O Arshavir Ter Hovannessian



'O kahi hī'ohi'ona o ke kanaka maoli, ka mea nāna i ho'okumu i kahi honua hou me ka 'ole o ka ma'i, ka 'ilihune, ka pōloli, ke kaua a me ka pepehi kanaka, kahi hī'ohi'ona o kahi vegan piha piha o ke kenekulia 20, 'o Anahit, ka 20-kaikamahine makahiki a Aterhov, 'a'ole 'o ia i 'ai i ho'okahi 'āpana mea'ai i kuke 'ia a 'a'ole loa i lawe i nā lā'au lapa'au a i 'ole nā lā'au lapa'au.



15 makahiki 'o Anahit (kī'i kala)



Logo o ka
Tehran Raw-
Ahahui Ai



Ka inoa o
ka mea kakau

Arshavir Ter Hovannessian

'O Anahit 10 makahiki (ki'i kala 'ia)

Teheran - 1976

[Arshavir Ter Hovannessian](#), 'O Tehran kūlanakauhale,
Karim Khan Blvd, Sanaei St, Sanaei SQ, No.2.

Ha'i: 828878

Dear mothers, note well:

If you want your child to be born healthy and live a healthy life, you should feed her/him with natural nutrition from the uterus time.

If the mother's milk is made from dead food, then it's poisonous for baby.

Your baby hates cooked food as much as she/he hates cigarettes, alcohol and drugs.

Accustoming a baby to dead food is one of the most terrible sins.

Raise your children like Anahit, healthy and happy.

'O Raw Veganism, kahi ho'ololi ma o ka evolution